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CALL HIM RUSSELL
CANADIAN COMIC TELLS NOT-QUITE-ALL IN NEW BOOK {page 24}

FRIENDS?
RUMOURS SWIRL ABOUT SEYFRIED AND ACTOR {page 26}

TORONTO metro®
Tuesday, November 2, 2010
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News worth sharing.

MLB. Champions

▶ San Francisco Giants pitcher Brian Wilson and catcher Buster Posey react after their team's 3-1 win over the Texas Rangers in Game 5 of the World Series. The victory gave the Giants their first World Series title since 1954. More coverage, page 37.

MATT SLOCUM/THE ASSOCIATED PRESS

A San Francisco treat in Texas

The yolk just might be on us

Study in Canadian Journal of Cardiology suggests egg yolks as dangerous as some fast foods But Egg Farmers official notes vitamins, protein found in yolk

One egg yolk fries up more cholesterol than some of the most larded fast foods ever sold, a new study published yesterday says.

And Canadian egg marketers are using "propaganda" in their "Get Cracking" commercials by suggesting the products are healthy, especially for people at risk of heart disease and other cardiovascular ailments, the paper's lead author says.

"The Hardees Monster Thickburger has 210 milligrams of cholesterol and that's more than four days of meat for what I recommend to my patients," said Dr. David Spence, a University of Western Ontario neurologist and the paper's lead author.

"And one large egg yolk has 275 (milligrams)."

That one yolk compares to a Hardees burger that delivers its cholesterol load in two one-third-pound beef patties, three slices of cheese and four strips of bacon, he said.

"The public thinks that egg yolks are OK. They're not."
DR. DAVID SPENCE, STUDY AUTHOR

The infamous KFC Double Down, which features bacon and cheese sandwiched between two hunks of deep-fried chicken, has a mere 150 milligrams of cholesterol.

Bonnie Cohen, marketing and nutrition manager with the Egg Farmers of Canada, says it is "irresponsible" to compare eggs with junk food like the Double Down, which carries a wide variety of known nutritional hazards.

TORSTAR NEWS SERVICE

Metro Wellness

Going back to the well of wisdom

How some scruff on your lip can help fight cancer What city living can do for you ... and to you Why human beings cry, and more {page 27}

Two pandas, $20 million

But the city says taxpayers won't be footing the bill {page 3}

Getting ahead of terrorism

Metro picks the brain of a terrorism expert {page 12}

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Zoo gears up for panda-monium

Pair of pandas should arrive in Toronto in 2012 for a five-year visit

The Toronto Zoo board and China have reached a deal to bring two pandas to Toronto.

They could cost as much as $20 million for the five years they will be here — not including all the bamboo shoots they like to eat.

However, the deal is designed so city taxpayers won't foot the bill, according to Toronto Zoo board member Giorgio Mammoliti.

"We are trying to find a partner to fund the costs because we don't want to see tax dollars used," said Mammoliti, who was re-elected to city council last week.

The zoo board will begin searching for a private partner and Mammoliti said the federal government will be approached as well for funding.

Once the board approves the project, the deal will have to be approved by city council once the budget is approved next spring.

The bears will also spend five years at the Calgary Zoo and five at the Granby Zoo in Quebec, giving Canadians 15 years to see them.

Pandas are popular because of their docile, cuddly qualities and the fact they are very visible in their zoo habitats.

"It's been an exciting ride for me," said Mammoliti, who has come under fire over the years for making expensive trips to China to negotiate the loan of the pandas.

"I received a lot of criticism, but I believed in the project back then," Mammoliti said.

TORSTAR NEWS SERVICE

Like royalty

Giorgio Mammoliti, chairman of the Toronto Zoo's panda task force, was instrumental in securing the deal to bring the two pandas to Toronto for 2012.

- **Long overdue.** This will be the first time the zoo has had pandas since 1985.
- **New home.** Construction of a new home for the pandas will cost $10 million and, Mammoliti said, China charges $2 million per year to loan a pair.
- **Not that much.** Zoo chief executive John Tracogna told the Toronto Star he believes the loan figure will be $1 million.
- **Great expectations.** Mammoliti said the bears are expected to attract about 450,000 visitors and bring in $10 million in annual ticket sales.

JACQUELYN MARTIN/THE ASSOCIATED PRESS FILE

▶ A September 2009 report proposed charging an extra $2.40 to visit the panda enclosure at the zoo, which Coun. Giorgio Mammoliti said could be hiked to $3.50 or $4.

1 news

Thieves infiltrate Honduras military base to steal plane seized in anti-drug sweep. Scan this code for the story

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

An escape artist claws his way to the surface after being buried alive for two days. See the video at metronews.ca

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MYSPACE PHOTO

▶ Ashley Kirilow's father, Mike, said she shaved her head and her eyebrows and plucked her eyelashes to look like a cancer patient.

Woman accused of faking cancer faces new charges

Police allege Ashley Kirilow, 23, raised money that she promised to give to charity, but kept the cash

An Ontario woman accused of pretending to have terminal cancer and keeping thousands of dollars in donations for herself is facing three new charges, her lawyer said yesterday.

Ashley Kirilow of Burlington, Ont., now faces six counts of fraud under $5,000 — of which three are new charges — and one count of fraud over $5,000.

Kirilow's lawyer Brendan Neil said the new charges are all related to the same allegations and time period as the others.

$5,000 Kirilow turned herself in to police on Aug. 6. The young woman's $5,000 bail was granted without a deposit, so no one had to provide the money up front.

He couldn't say for sure if they relate to new complainants, but conceded there "may be a new person's name attached to it."

The charges are before the court today and Kirilow is expected to attend.

Kirilow turned herself in to police on Aug. 6.

As part of the conditions of her release, Kirilow has been under the supervision of the John Howard Society, a non-profit organization that assists people in trouble with the law.

On Monday, Neil said Kirilow is eager to "move on with her life."

"It has been set for plea court," said Neil, before adding he didn't anticipate the matter to be resolved by today.

Kirilow's family refused to show up at her previous court appearance.

THE CANADIAN PRESS

Criminal cash to benefit Toronto police

Toronto police will get some "cool" new tools to help nab criminals as well as money to renovate an interview room to make crime victims more comfortable.

The force applied for, and will receive, five provincial grants totalling almost $292,000 under the province's Civil Remedies Grant program.

"Some of the funds will be used in fighting organized crime. Other funds will be used to support victims... particularly child victims," said Attorney General Chris Bentley, who joined Community Safety and Correctional Services Minister Jim Bradley and police Chief Bill Blair to announce the grants Monday.

Previous money from the program has gone to provincial police for specialized training of officers. London police received money for a large command and control vehicle to go to emergency situations.

Other forces received money for surveillance in high crime areas or for victims.

THE CANADIAN PRESS

THE CANADIAN PRESS

▶ Toronto Police Chief Bill Blair.

New gear

- Funding of $69,000 will go toward state-of-the-art 3-D laser scanning equipment — similar to that seen on the popular CSI crime shows — to allow police to better map crime scenes.
- The chief also enthused about $3,400 worth of new surveillance and camera equipment that will help officers identify fugitives and probe organized crime — tools he called "kinda cool."
- Police will also spend about $25,000 on a new interview room they hope will make crime victims feel more comfortable, especially children and women who have been sexually assaulted.

Two hurt after car hits group

Halton regional police say two men are in hospital after a vehicle plowed into a group of people yesterday morning in Oakville, Ont.

Police say the incident stemmed from a dispute in the parking lot of the AMC entertainment complex. After a cellphone was thrown at a vehicle, police allege the driver turned around and drove at three men, striking two of them.

A 22-year-old man sustained serious injuries and was taken to hospital. The other victim, a 23-year-old man, suffered minor injuries. THE CANADIAN PRESS

Bay closed over fake grenade

Police closed a section of Bay Street in downtown Toronto this morning after someone reported seeing what looked like a grenade sitting next to a gas line.

Const. Isabelle Cotton says Bay Street was closed between Gerrard Street and College Street just before 8:15 a.m.

Cotton says emergency services personnel determined the device was a fake grenade.

There was no evacuation, and police gave the all-clear.

THE CANADIAN PRESS

King Eddy is going to the dogs

The first-ever Winter Woofstock is looking for 60 dogs to attend Doggie Holiday High Tea on Nov. 21 at the King Edward Hotel all decked out in their holiday best for the Launch of Winter Woofstock, which takes place the following weekend (Nov. 27-28).

Doggie Holiday High Tea participants must make reservations for their dogs and themselves at jamie@woofstock.ca in advance.

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WAR CRIMES

Canada will 'implement' Khadr deal: Ottawa

The federal government says it will "implement" an American plea deal that allows Toronto native Omar Khadr to apply next year to serve out his sentence in Canada.

But it's unclear if that means Ottawa will actually allow Khadr to return.

Foreign Affairs Minister Lawrence Cannon is offering few details on how the government would treat the case if Khadr files an application to come back to Canada.

Khadr was sentenced Sunday to eight years for war crimes in accordance with a plea agreement, even though a military jury called for 40 more years behind bars.

The pre-trial deal calls for Khadr, 24, to serve one more year in the U.S. military prison at Guantanamo Bay, Cuba.

THE CANADIAN PRESS

Man killed in vehicle crash identified

Provincial police have identified a driver who was killed in a two-vehicle collision in snowy conditions near Collingwood, Ont.

The driver of the SUV was identified as Augustino Mastrantonio, 54, of Brampton, Ont. He died at the scene Sunday.

The other driver wasn't hurt. THE CANADIAN PRESS

G20 accused has charges dropped

Julian Ichim, once considered by police to be a co-conspirator of G20 violence, had charges of counselling to commit mischief dropped by the Crown yesterday.

The 30-year-old anti-poverty activist was in provincial court with many of the people co-accused of organizing violence. TORSTAR NEWS SERVICE

Bargains to be found among hot holiday toys

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Max Browne, 6, tries out the PlasmaCar as children are invited to test toys by the Canadian Toy Association at its eighth annual Hot Toys for the Holidays news conference.

No rumblings yet of specific buzz-worthy toy: CTA president

Whether you're watching your wallet or looking for the latest high-tech plaything, the hot toys for tykes this festive season offer something for all tastes and budgets.

The Canadian Toy Association (CTA) presented more than 110 toys and games at its annual Hot Toys for the Holidays event yesterday, and more than half of those featured are priced at less than $30.

Going the do-it-yourself route seemed to be popular, particularly among the more cost-conscious items. Arts-and-crafts kits for kids to create their own jewelry, design a magazine or try their hand at painting, sculpting and drawing were among the more affordable items.

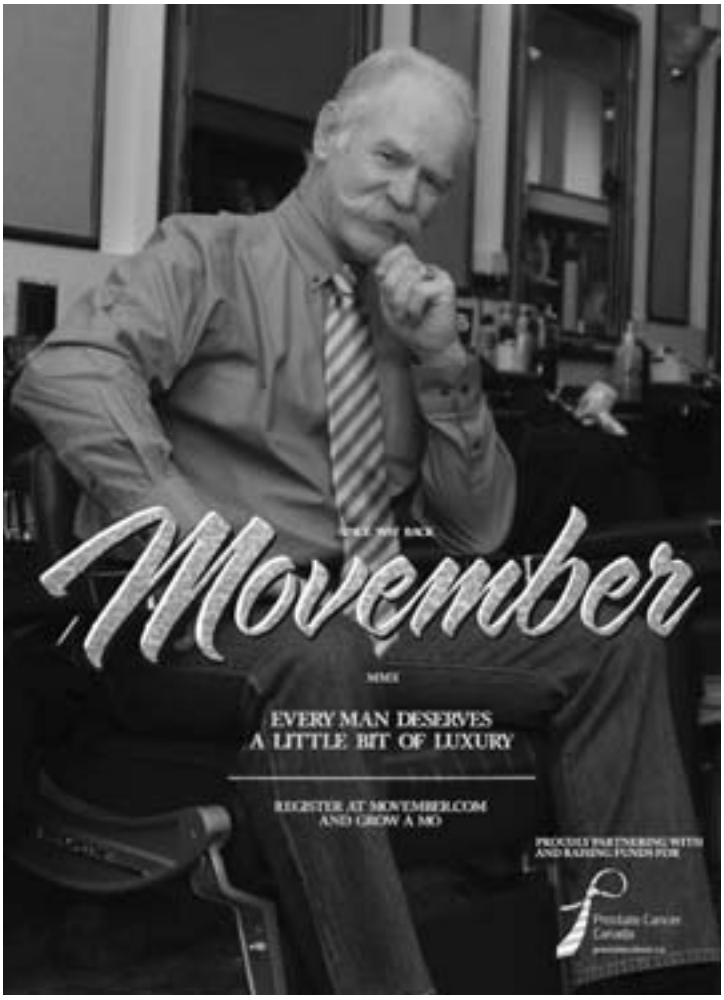
CTA president Jeff Hurst says that electronic or computerized gadgets were big a couple of years ago, but now basic-play traditional toys are just as popular.

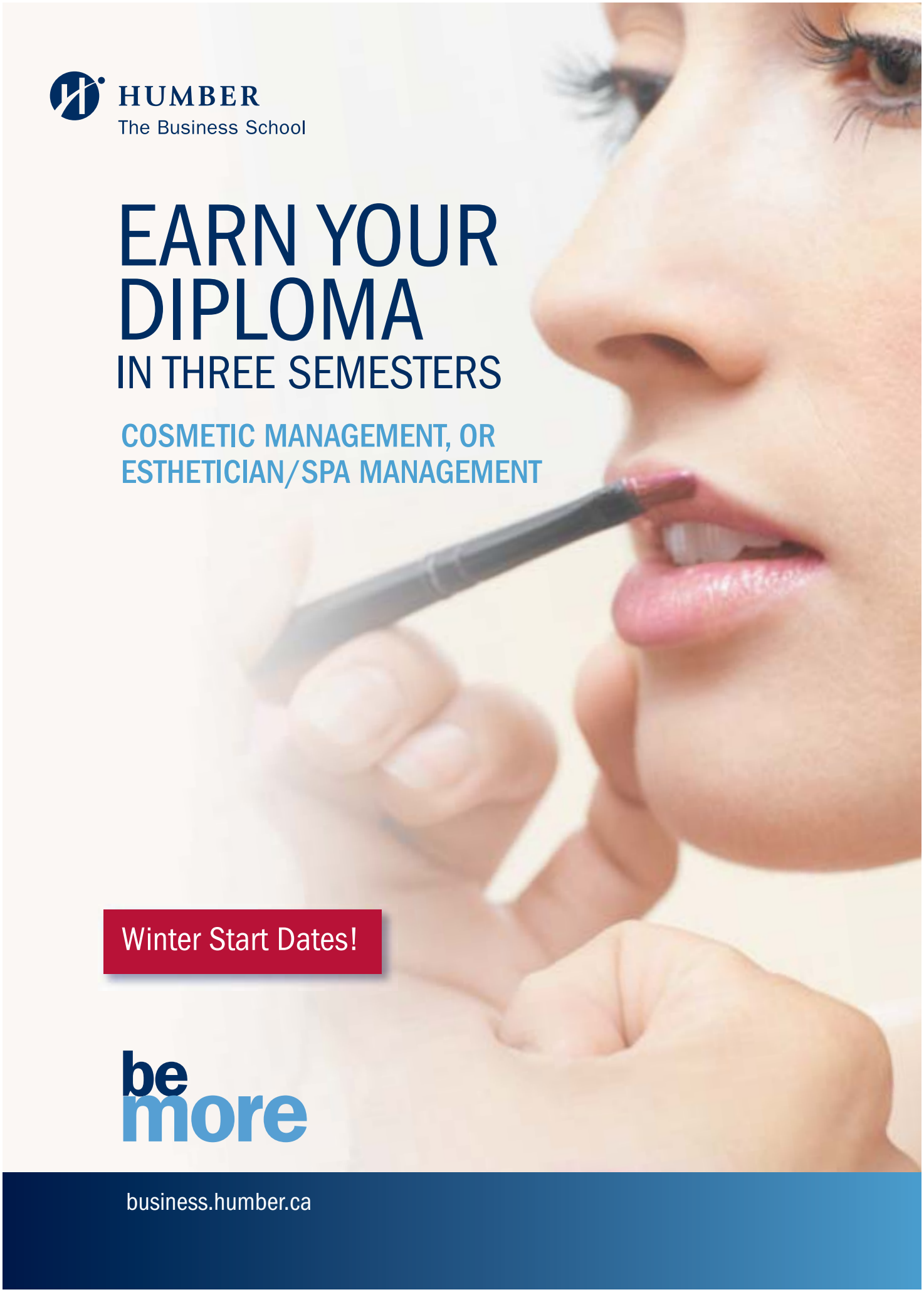
Hurst says there is "real newness" in items for girls this season, especially when it comes to dolls, in both collectibles and large-sized models.

As for boys, there are still classic favourites like Star Wars, Bakugan and Transformers.

THE CANADIAN PRESS

Today's Parent magazine picks its top toys for 2010. Scan the code for the story.

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▶ Mayor-elect Rob Ford

Is the TTC essential?

Councillor Cesar Palacio (Ward 17) plans to reintroduce motion to make TTC an essential service ◐ Motion originally failed in 2008

Mayor-elect Rob Ford has repeatedly said eliminating Toronto's vehicle registration tax is his first priority.

But another issue could present the first big test of his leadership: his pledge to make the TTC an essential service, to protect riders from the kind of mayhem that erupted when transit workers abruptly went on strike late one Friday in April 2008.

With negotiations set to begin in February between the TTC and the transit workers' union, commuters could face a strike, in theory, as early as April 1.

TORSTAR NEWS SERVICE

Donations not driving hydro bills: Minister

"We would never make donations to a byelection ... We're a publicly funded utility company."
IAN CLIFTON, CFO NEWMARKET-TAY POWER CORP., WHICH GAVE THE LIBERALS $2,350 IN 2009

There's nothing wrong with public utilities donating money to the Ontario Liberal Party, Energy Minister Brad Duguid said yesterday after the NDP charged the donations are driving up hydro bills.

The New Democrats released Elections Ontario documents showing that local utilities, including Newmarket-Tay Power and Oakville Hydro, donated thousands of dollars to the Liberal party in the past few years.

"Essex Power put nearly $3,000 into Liberal party coffers, while Thunder Bay Hydro made a donation to the Thunder Bay Superior North Liberal Riding Association," NDP Leader Andrea Horwath told the legislature.

"Why are families who are already feeling the squeeze funding the Ontario Liberal Party when they're paying their hydro bills?"

Duguid repeatedly refused to answer Horwath's questions in the legislature, and outside the house defended the political donations by utilities.

"We have the most stringent rules probably ever in Ontario in place and they apply to all three political parties," said Duguid.

"Those that make donations to the governing party make donations to the opposition generally as well."

Duguid wouldn't say if he thought it was appropriate for municipally owned utilities to donate to political parties at a time when electricity rates are rising, repeating his statements about the donations following the rules.

The Progressive Conservatives also refused to support the NDP's call to change the rules to prohibit local utility companies from making political donations.

"I wouldn't advocate changing a system that is clear and transparent about where campaign contributions come from," said Opposition Leader Tim Hudak.

THE CANADIAN PRESS

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News in brief

Accused torturer fit to stand trial

CALGARY. A man charged in a chilling case of alleged torture involving his former roommate has been found fit to stand trial and his lawyer says he's expecting more charges to be laid involving different complainants. Dustin Paxton, 30, is accused of the aggravated assault and forcible confinement of Dustin LaFortune, who was starved, burned and had parts of his tongue and lips cut off before being dumped at a hospital in Regina on April 16.

Paxton, pictured, is also charged with forcible confinement and aggravated assault involving a girl under the age of 18.

THE CANADIAN PRESS

James case put over

WINNIPEG. Convicted sex offender Graham James will remain behind bars for at least one more week. The former junior hockey coach's case has been put over to next Monday. James's lawyer has not indicated whether his client will apply for bail or not.

THE CANADIAN PRESS

Dozens killed in church siege

BAGHDAD. Iraq's dwindling Christian community was left grieving and afraid yesterday after militants seized a Baghdad church during evening Mass, held the congregation hostage and triggered a raid by Iraqi security forces. The bloodbath left at least 58 people killed and 78 wounded — nearly everyone inside.

THE ASSOCIATED PRESS

Oil spill talk was 'risky business'

Government aimed to avoid discussing what if a Gulf of Mexico-type oil spill happened off east coast

There were some things the federal government just didn't want to talk about during the Gulf of Mexico oil spill — like what if it happened here.

Newly released documents reveal that officials advised Natural Resources Minister Christian Paradis to avoid talking with two provincial counterparts about the effects of a big oil spill off the coast of Newfoundland.

A briefing note obtained by The Canadian Press under the Access to Information Act advises that it would be "risky" to discuss the scenario. It was prepared ahead of discussions with Nova Scotia Energy Minister Bill Estabrooks and Kathy Dunderdale, natural resources minister for Newfoundland and Labrador.

THE CANADIAN PRESS

▶ Natural Resources Minister Christian Paradis

The document describes the potential fallout from a large oil spill off Newfoundland's eastern coast, including damage to the fishing industry and the deaths of many sea birds.

Under the heading "Fate and effects of a major offshore spill in N.L.," is a warning to Paradis.

"The points in this section are, of necessity, very general statements and therefore must be considered 'risky,'" the document says. "Ideally, speculation of this topic should be avoided."

THE CANADIAN PRESS

Eastward

- The note says a "non-trivial" spill could leave oil in the water for weeks or months and much of it likely wouldn't be recovered. But little-to-no oil would likely wash up on Newfoundland's shores, and most of it would drift eastward and disperse in the Atlantic Ocean.
- Sea birds might not be so lucky. The document says "It is likely that oil from a large blowout offshore eastern N.L., would cause substantial and significant seabird mortality, due to these species' extreme vulnerability to surface oiling."
- The document says fish would probably be safe from a major spill, but a blowout could hurt the region's fishing industry.

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‘It’s a cat-and-mouse game’: Terror expert

One professional’s take on present, future of terrorism

ELISABETH BRAW
NEWS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Q&A with Gary LaFree, director of START (Study of Terrorism and Responses to Terrorism) consortium at the University of Maryland.

CONTRIBUTED

▶ Gary LaFree

Are authorities doing enough to prevent terrorist attacks?

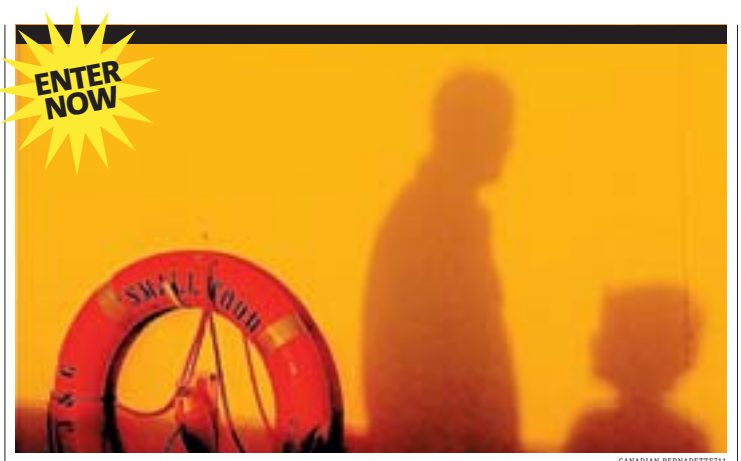
It’s a cat-and-mouse game. We get a shoe bomber, so then we have to take off our shoes at the airport security check. Then a liquid attack is averted and we’re no longer allowed to carry liquids on board. The authorities react as quickly as they can to previous attacks, because it’s impossible to predict where the terrorists will strike the next time. That’s what makes terrorism so effective. It’s cheap and has a huge impact.

Who should do something?

We can’t expect airlines to carry the burden. It has to come from the authorities. The problem is that air travel is organized along national borders. Unfortunately, there’s no United Nations for air travel.

What’s the next terrorist target?

Shopping malls have very poor security. Boise, Idaho, is another major target because it has a large dam where terrorists could cause huge damage. But are we willing to spend billions of dollars because terrorists may attack Boise or a shopping mall some time in the future?



CANADIAN BERNADETTE711

Just the two of us

Today’s photo of the day is by Canadian Bernadette711 and was submitted in the Everyday Travel category. The photo is titled: Father and son shadows on Smallwood Ferry bound for Port aux Basque, N.L. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

Air cargo banned from Yemen

Transport Minister Chuck Strahl says Canada is banning all air cargo from Yemen.

The minister said the move was not prompted by any specific threat.

He said it’s being done as a precaution to ensure Canadians are aware that air travel is safe.

Canada’s decision comes as similar action is taken by other countries following the discovery of an elaborate mail-bomb plot that originated in Yemen. THE CANADIAN PRESS

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Democrats bracing for a pounding

U.S. mid-term elections take place today Voter anger aimed at Democrats with unemployment at 10%

Candidates plunged into feverish, final-day campaigning yesterday in U.S. congressional elections that were expected to strip Democrats of their majority in the House of Representatives and snarl President Barack Obama's agenda in the final two years of his term.

Obama has retreated to the White House from a final blitz through four states to await what is likely to be a dismal outcome for Democrats who are suffering deeply from voter anger over near 10 per cent unemployment, lagging economic growth and a burst real estate bubble that cost millions of Americans their life savings when banks foreclosed on mortgages.

What seats are up for grabs in the U.S. mid-term elections. Scan code for story.

The president's popularity with Americans, particularly among independents, has fallen off dramatically in his first two years in office. The rough state of the American economy seems to be the prime reason.

Democrats also blame the White House for poor messaging, an inability to convince Americans that substantial legislative victories — health-care and financial regulatory reform — are benefiting the country. With voters appearing largely decided on candidates, the president and Democratic heavyweights like former president Bill Clinton have travelled the country exhorting party members to go to the polls.

Democrats are seen as far less likely to cast ballots this year than Republicans, producing a so-called enthusiasm gap that has only compounded the likelihood of a political bloodletting.

THE ASSOCIATED PRESS

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Photo courtesy of Julie Lefebvre, France. Metro Photo Challenge Local Finalist 2009.
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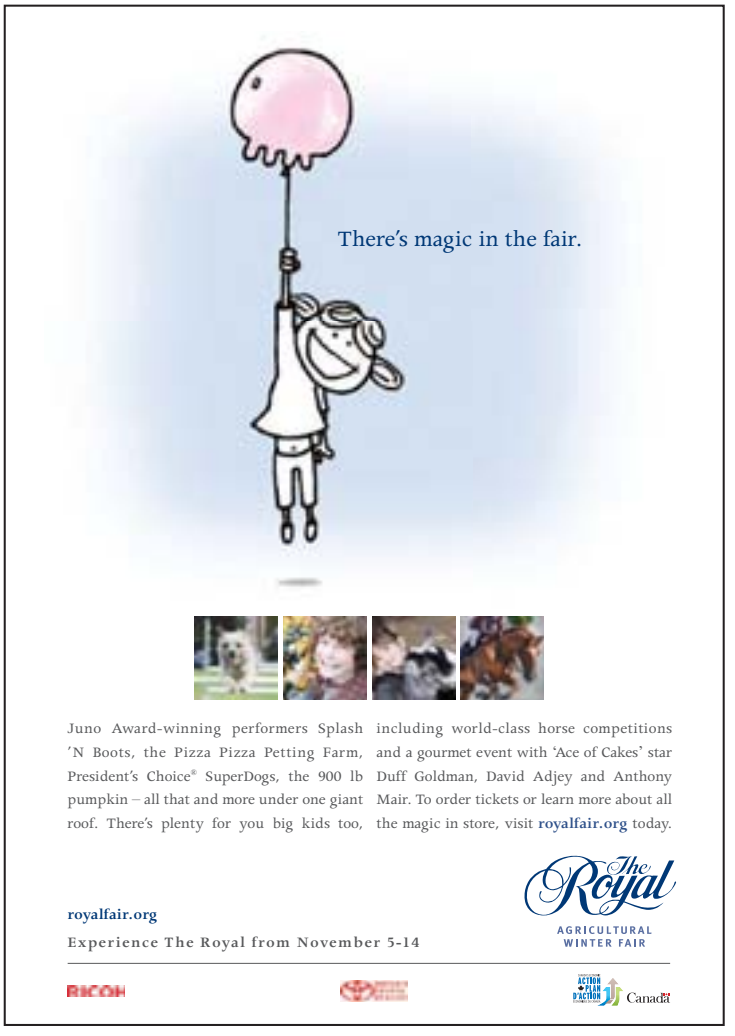
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California to legalize marijuana?

Voters hit the polls today
Arizona and South Dakota have medical marijuana on today's ballot

Fourteen years since Californians passed the first-in-the-nation medical marijuana law, pot is not just for the sick. Hundreds of medical marijuana doctors, operating without official scrutiny, have helped make it available to nearly anyone who wants it.

They are practicing a lucrative and thriving specialty, becoming the linchpins of a billion-dollar industry. And yet they do not have to report to whom they recommend the drug to, how many referrals they give or for what ailments.

"There is something inappropriate about doctors being the gatekeepers," said Timmen Cermak, president of the California Society of Addiction Medicine. "They are secretaries here ... All they are doing is telling the police to keep their hands off."

As voters go to the polls today to decide if they want California to be the first to legalize recreational pot use and sales, the medical marijuana system they helped establish in 1996 has effectively become a legal cover to smoke pot.

The system also stands as a cautionary example for other states crafting their own laws. Among them are Arizona and South Dakota, which have medical marijuana on today's ballot.

Under California's law, medical doctors and osteopaths can recommend the drug for any illness "for which marijuana provides relief," a category that has come to encompass conditions such as alcoholism, anxiety, asthma and insomnia.

THE ASSOCIATED PRESS

ADAM LAU/THE ASSOCIATED PRESS

▶ Californians passed the first-in-the-nation medical marijuana law 14 years ago. Hundreds of medical marijuana doctors, operating without official scrutiny, have helped make it available to nearly anyone who wants it.

Stoffer grows new 'stache for 'Movember'

Given his high profile in national politics, New Democrat MP Peter Stoffer is used to being exposed.

But now he says he feels naked.

The Nova Scotian has shaved off his trademark moustache and will start growing a new one as part of an effort to raise awareness of prostate cancer.

Stoffer is one of several MPs taking part in Movember, an international campaign that challenges men to grow moustaches over the course of November to draw attention to the disease.

Tory MP Larry Miller has also shaved off his soup strainer as part of a cross-party team of MPs led by Liberal Justin Trudeau.

All of the MPs involved are running a fundraising campaign through the website ca.movember.com, but the cause hits particularly close to home for the New Democrats.

Their leader, Jack Layton, was diagnosed with the disease earlier this year.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ NDP MP Peter Stoffer (Sackville-Eastern Shore) has his moustache shaved off by MP Glenn Thibeault as part of the Movember campaign to raise funds for prostate cancer research.

Moustache tips

Experts at Schick, a Movember partner, give tips on growing a moustache.

- Wear your moustache with pride and confidence.
- Use this opportunity to talk about men's health.
- Embrace your mo – it'll be gone by Dec. 1.
- Trim your mo regularly.

-Celia Milne

Feds targeted for illegal cigarettes

A class-action lawsuit has been launched in Federal Court against Ottawa for failing to collect taxes from illegal smoke shacks.

Court documents accuse Ottawa of ignoring "flagrant violations" of the prohibition on the sale of contraband tobacco.

The $500-million suit also claims the government allowed the open trade of these products on First Nation reserves through illegal outlets established off reserve.

The allegations have not been proven in court.

THE CANADIAN PRESS

Facebook flap over premier's privates

The Newfoundland and Labrador government has dumped a volunteer who made a quip about the premier's penis size on Facebook.

THE CANADIAN PRESS

The flap comes just days after Liberal Opposition spin doctor Craig Westcott apologized for an email questioning the mental health of Danny Williams.

For more information on how to scan this story, go to page 3.

Teen hacks into school's computers

Police in London, Ont., have charged a 15-year-old boy in connection with a security breach at the Thames Valley District School Board.

The passwords of more than 27,000 high school students were posted online a week and a half ago after someone hacked into the school board's computer system.

The student portal was quickly shut down.

Charges against the 15-year-old including intercepting a computer function and fraudulently obtaining a computer service.

THE CANADIAN PRESS

Evacuees flee in wake of volcano

Indonesia, a vast archipelago of 235 million people, straddles a series of fault lines and volcanoes known as the Pacific 'Ring of Fire'

Merapi

Merapi has erupted many times in the past two centuries, often with deadly results. In 1994, 60 people were killed, and in 1930, more than a dozen villages were incinerated, leaving up to 1,300 dead.

Evacuees cringed and fled for cover yesterday as an erupting volcano — one of 22 showing increased activity in Indonesia — let loose booming explosions of hot gas and debris; the latest blast in a deadly week. No new casualties were reported.

The new blast from Mount Merapi came as Indonesia also struggles to respond to an earthquake-generated tsunami that devastated remote islands. The twin disasters, unfolding simultaneously on opposite ends of the seismically volatile country, have killed nearly 500 people and severely tested the government's emergency response network. In both events, the military has been called in to help.

One of 129 active volcanoes in Indonesia, Merapi has killed 38 people since it started erupting a week ago.

THE ASSOCIATED PRESS

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▶ Tsunami survivors carry aid delivered by an Indonesian Red Cross helicopter in Silabu, Mentawai Islands, Indonesia, yesterday.

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462 Birchmount Rd
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Cedarbrae Mall

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The Queensway Mall
Jane and Finch Mall
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1663 Dufferin St

Central
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945 College St
101 Spadina Ave
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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 11.43 (12,664.81)	+ 0.4¢ (98.42¢ US)	+ $1.52 US ($82.95 US)	$3.832 (– 20.6 ¢)	$1,350.60 (– $7.00)

INFORMATION TECHNOLOGY

CGI to hire 1,500 in India

Canadian info-tech company CGI Group is looking to expand its presence in India by 45 per cent as it hires more than 1,500 people in the next year to target growing demand from the global telecom and financial-services sectors.

India is one of CGI's fastest-growing operations and the company has a goal of doubling the size of its Indian workforce of 3,300.

CGI employs about 31,000 people around the world.

The world's largest democracy graduates hundreds of thousands of English-speaking computer engineers annually. The country also has infrastructure and offers tax credits and wages that are 15 to 50 per cent less than in Canada, depending on the region.

THE CANADIAN PRESS

AIG sells 2 uni to repay aid

AIG said yesterday it raised nearly $37 billion from the sale of two foreign insurance units and will use that money to repay a government bailout.

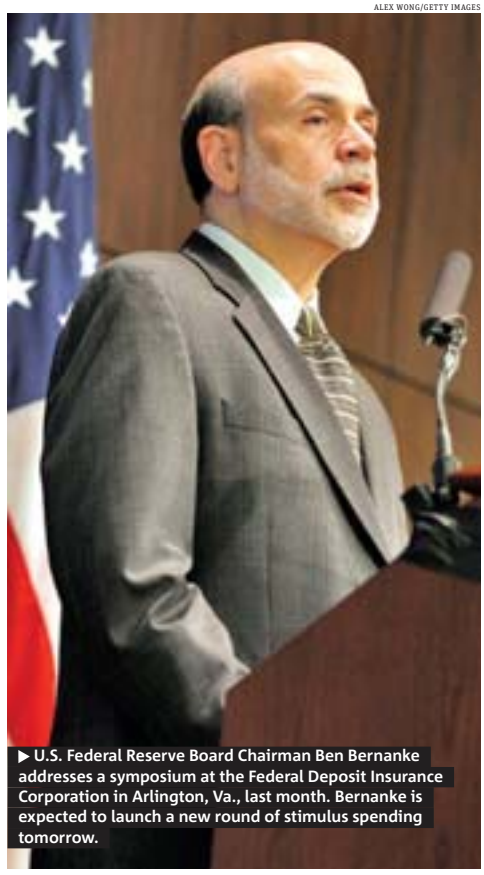
AIG will use the cash from the two deals to repay aid it received during the financial crisis.

THE ASSOCIATED PRESS

$100B Yesterday's announcement comes a month after AIG laid out its first plan about how it would repay more than $100 billion in outstanding government aid it received during the financial crisis.

U.S. Fed's strategy may help Canada

ALEX WONG/GETTY IMAGES



▶ U.S. Federal Reserve Board Chairman Ben Bernanke addresses a symposium at the Federal Deposit Insurance Corporation in Arlington, Va., last month. Bernanke is expected to launch a new round of stimulus spending tomorrow.

Bernanke expected to announce purchase of at least $500B in T-bills

With Ottawa and the Bank of Canada spurning more stimulus, the economy may still get an indirect boost from emergency measures being launched south of the border this week.

The betting among markets and economists is that U.S. Federal Reserve chairman Ben Bernanke will launch a second round of quantitative easing tomorrow, bathing the country in between $500 billion and $2 trillion in cash.

Called QE2, or QE-The Sequel, the expected followup to $1.4 trillion of monetary stimulus that ended in March is controversial because, unlike last year, the U.S. economy is no longer in free-fall.

Many say it might not work, or not well enough to be worth the risk.

Bernanke is hoping a fresh infusion of cash into the economy will bring down long-term interest rates, injecting new life into the economy by making borrowing for mortgages and corporate loans easier and less expensive.

The other benefit is that by printing more of it, the U.S. dollar will fall further in comparison to other currencies, hence boosting exports and domestic industries.

But analysts caution that it is far from clear that already tapped-out households will be lured into taking on more debt just because rates are low — and Bernanke is risking igniting inflation or another housing bubble.

THE CANADIAN PRESS

Desperate times

Although the Bank of Canada toyed with the concept of quantitative easing in 2009, it eventually settled for a year-long program of emergency-level interest rates.

▶ The Fed has no more room to move on rates, however, since it is already at zero, and is left with printing money as a last resort to spur an economy hobbled both by super-low inflation and high unemployment.

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Co-operators hit hard in Q3

Higher auto-accident claims in the Toronto area and storms in both the East and West of Canada contributed to an $11.5-million loss for Co-operators General Insurance Co., in the third quarter.

The Guelph, Ont.-based firm reported a loss per share of 74 cents for the quarter compared to a loss of $16.1 million or $1.01 in the same period of 2009.

The privately-held insurance company said much of the loss was attributable to a deterioration in the auto loss ratio in the Greater Toronto Area and storm losses in Alberta and Newfoundland. Also affecting its profitability was a market yield adjustment that increased claims expense by $6.1 million — compared to $15.6 million booked in the same period a year ago — caused by lower yields on the company's bond and mortgage portfolios.

Co-operators is owned by 47 Canadian co-operatives and has assets of more than $5.2 billion.

THE CANADIAN PRESS

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American Express wants you to realize your artistic potential

They say that a picture is worth a thousand words. But with American Express, your picture could be worth a little bit more than that.

As part of its 'Realize The Potential' advertising campaign, American Express will be running a contest, which will allow participants to unleash their inner artists. The competition encourages Canadians to realize their artistic potential by putting their own take on an American Express ad.

Unique to the 'Realize The Potential' campaign was a digital canvas station, which was set up at the Molson Amphitheatre during its popular summer concert series. Concertgoers had a chance to visit a tent and create their masterpiece.

Once completed, the user was able to print off his or her own postcard with copy that read: "Life is a great big canvas, throw all the paint you can at it."

This splattered canvas imagery has since been turned into TTC streetcar wraps, subway wraps, and subway station displays.

The idea of "Life is a great big canvas" has since inspired the contest, which will feature both offline and online components.

Offline, entrants will find kiosks throughout high-traffic areas in the city. Participants will be able to walk away with their own printed piece once they've created their canvas.

The online application will live on Facebook at (www.facebook.com/americanexpresscanada). Here, participants will be able to paint their canvas, share it with friends, view a canvas gallery, and then register for the contest.

The winner will be randomly selected from the entries and the winning canvas will be featured in American Express' next 'Realize The Potential' online ad campaign.

The grand prize also includes a trip for two to New York City courtesy of American Express.

They say that a picture is worth a thousand words. But with American Express, your picture could be worth a little bit more than that.

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No purchase necessary. Contest Sponsor: Amex Bank of Canada. The Contest Period starts at October 25, 2010 and ends at 11:59 p.m. ET on November 15, 2010. This Contest is open to all legal residents of Canada (excluding Quebec) who have reached the age of majority in their province or territory of residence at the time of entry. Enter online by visiting www.facebook.com/americanexpresscanada or enter onsite at one (1) of the events as shown in the Event Table at www.facebook.com/americanexpresscanada. Create a canvas of a painting using the online tool pro. There is one (1) Grand Prize available to be won consisting of one trip for two (2) to New York City, NY having an approximate retail value of $15,000.00 CDN; six (6) Launch Event Prizes consisting of one (1) Apple iPad® having an approximate retail value of $580.00 CDN each and 168 Satellite Prizes consisting of 8 Apple iPads® and 160 $25.00 CDN American Express Gift Cards (1 iPad® and 20 American Express Gift Cards per day per Event). Odds of winning; (i) a Launch Event Prize are 1 in 83; (ii) an Apple iPad® Satellite Prize are 1 in 1,000; and (iii) a $25.00 CDN American Express Gift Card are 1 in 50. Skill-testing question required. For complete rules and regulations visit www.facebook.com/americanexpresscanada. *iPad is a trademark of Apple Inc. Apple is not a participant in or sponsor of this promotion.

Mobilicity to use Allstream's infrastructure

- New wireless player's zones include five major cities
- Mobilicity launched its service in Toronto in May

Allstream has signed a three-year contract with Mobilicity to provide infrastructure service for the new cellphone company for its coverage zones in Toronto, Ottawa, Edmonton, Calgary and Vancouver.

Terms of the deal were not disclosed in yesterday's announcement.

"Allstream is pleased to continue our relationship with Mobilicity and provide its customers with reliable IP connectivity," Allstream president Dean Prevost said in a news release yesterday.

Toronto-based Mobilicty will use Allstream's Internet Protocol network as part of its own network infrastructure.

TORSTAR NEWS SERVICE FILE

"By leveraging Allstream's strong and stable IP backbone network, we're ensuring our customers receive a superior mobile experience."
SHARYN GRAVELLE, MOBILICITY'S VICE-PRESIDENT OF NETWORK OPERATIONS

Mobilicity is one of several new wireless carriers that has launched in recent months, providing more competition to established players Rogers, Bell and Telus.

"By leveraging Allstream's strong and stable IP backbone network, we're ensuring our customers receive a superior mobile experience," said Sharyn Gravelle, Mobilicity's vice-president of network operations.

Allstream is a business unit of MTS Allstream Inc., a wholly-owned subsidiary of Manitoba Telecom Services Inc.

THE CANADIAN PRESS

NYSE. Bank

▶ Teisuke Kitayama, right, president of Sumitomo Mitsui Financial Group, holds the order slip yesterday for the first 100 shares as the stock lists on the New York Stock Exchange.

RICHARD DREW/THE ASSOCIATED PRESS

Japanese bank lists on NYSE

Sumitomo Mitsui Financial Group is the third major Japanese bank to list on the New York Stock Exchange. Mizuho Financial Group and Mitsubishi UFJ Financial Group already trade on the NYSE.

CPP buys shopping centre in Germany

Canada Pension Plan Investment Board and a partner have acquired a shopping centre near Cologne, Germany, for $223.4 million.

CPPIB said the joint venture plans a redevelopment of the shopping centre. It formerly belonged to Degi Europe, which is now in liquidation.

Wenzel Hoberg, head of international real estate investments for CPPIB, said, "This investment is fully aligned with our international retail strategy to acquire prime retail shopping centres in key markets." THE CANADIAN PRESS

80

CPPIB will own 80 per cent of a shopping centre in Hurth, Germany, which will be managed by its partner LaSalle Investment Management.

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Human Resources Specialist, Accenture
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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#10 in the world); *Forbes* (6th best non-US school); The Aspen Institute, a US think tank (#1 in the world in Social and Environmental Leadership); and *Expansión* (#18 in the world) in their most recent global MBA surveys. They also rank the Schulich MBA #1 in Canada.

THE ASSOCIATED PRESS FILE

▶ In this photo taken last month, shoppers pass the Prada store on New York's Fifth Ave. Americans slowed their spending in September to the weakest pace in three months.

U.S. spending slows

Weak growth in spending and incomes underscored how fragile the economy remains

Americans slowed their spending in September to the weakest pace in three months, and their incomes fell for the first time in 14 months.

Personal spending rose at an annual rate of 0.2 per cent in September, the Commerce Department said yesterday.

That's below the 0.5 per cent gains recorded in July and August.

Incomes fell 0.1 per cent in September, following a 0.4 per cent rise in August that had been pushed higher by the return of extended unemployment benefits.

The drop in incomes was the first decline since incomes fell 0.3 per cent in July 2009.

The August gain had been skewed by the reinstatement of an extended unemployment benefits program, which had temporarily lapsed in July after Republicans had blocked an extension.

Those extended benefits expire at the end of November. THE ASSOCIATED PRESS

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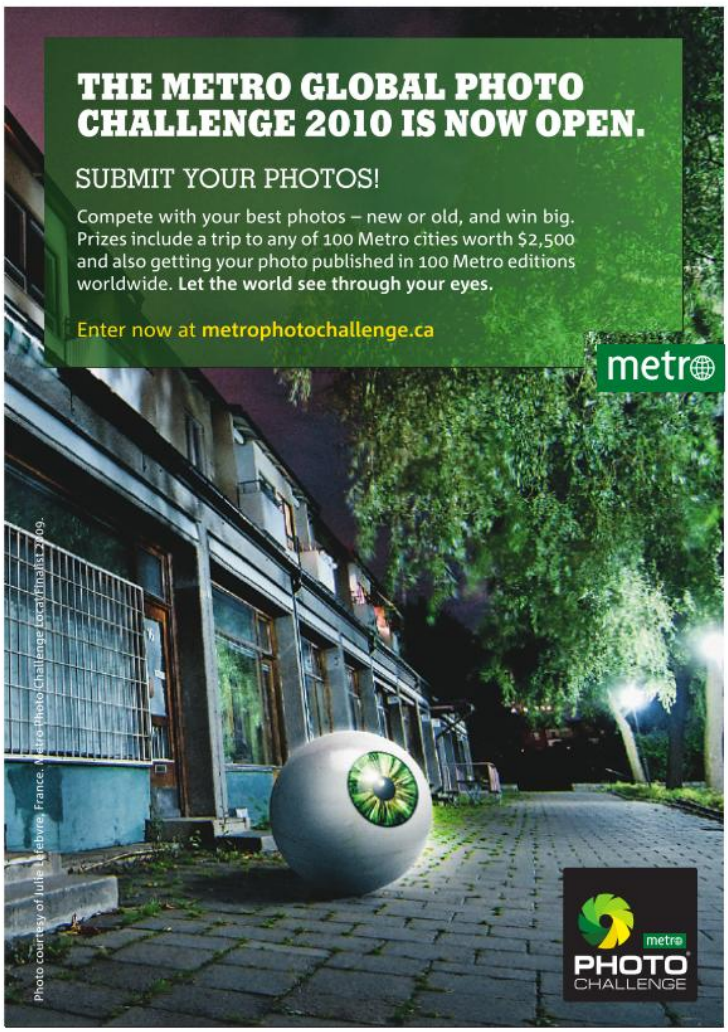
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BHP may hike PotashCorp bid, report says

Ottawa to decide by tomorrow whether takeover can go ahead ◆ If OK'd, BHP can take offer to shareholders

Reports out of the United Kingdom say BHP Billiton could be ready to sweeten its hostile takeover bid for Saskatchewan's PotashCorp as Ottawa prepares to rule on whether it will approve the largest takeover in Canadian history.

PotashCorp has repeatedly said the Anglo-Australian mining giant's offer of $38.6-billion US cash is too low, given the important long-term value of its business.

The Sunday Times in London cited sources close to the deal as saying BHP's offer of $130 US per PotashCorp share could be raised by as much as 10 per cent.

15

PotashCorp says it has spoken to 15 different "financial and state-sponsored potential bidders or investors" about making a competing bid for the company.

PotashCorp shares opened up 33 cents at $147.83 on the Toronto Stock Exchange yesterday.

PotashCorp has been embroiled in the bitter takeover battle with BHP since August.

Potash Corp CEO Bill Doyle, who has said the bid significantly undervalues the fertilizer giant, has been trying to attract a white-knight suitor to compete with BHP.

UBS analyst Brian MacArthur recently raised his target price on the company from $170 US to $175 per share.

"Given the improved fertilizer market we believe the shares would be trading about $130 per share in the absence of a bid," MacArthur wrote in a note to clients yesterday.

PotashCorp of Saskatchewan Inc., is the world's biggest producer of the nutrient used in fertilizer.

THE CANADIAN PRESS

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I LOOKED AT A GIRL ... AND LIKED IT

She says ...

JESSICA NAPIER

A couple weeks ago, I spotted her at a too-hip-for-me restaurant. I instantly felt flustered and had to whisper an awkward explanation to my confused dinner companion. Look at her! Her hair is the best and that dress is so cute and she's in interior design and, Oh my God, did you see her shoes?

Luckily, my friend understood; we've all experienced that totally irrational nervousness around a girl crush at one point or another.

Let me make clear that I'm not rethinking my sexuality. I have a girl crush and my feelings are very platonic; it's a decidedly non-sexual appreciation.

A 2005 New York Times article on the subject of girl crushes describes the phenomenon as the "fervent infatuation that one heterosexual woman develops for another woman who may seem impossibly sophisticated, gifted, beautiful or accomplished."

That sounds about right.

Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool. They are the women that design jewelry as a career, never have a bad hair day and can actually wear an on-trend jumpsuit without looking like a plumber.

"Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool."

Evidently, I've fallen pretty hard for my own same-sex object of desire. But it's totally harmless and not at all creepy (I promise). I don't want to get with her; I just want to hang out and maybe borrow some of her clothes.

The best girl crushes aren't close friends (that's just weird) but someone to admire from afar. Celebrities are common subjects for girl-crushing, but personally I am much more likely to develop a thing for a friend of a friend, a girl who rides the bus with me, or (dare I say it) a stranger I stumble upon while browsing a long-lost classmate's Facebook profile.

Let's reiterate — I swear this isn't creepy.

Funnily enough, my boyfriend usually offers a pretty lacklustre response when I point out a girl that I think is oh-so-awesome. While you might assume he's just trying to be diplomatic, this actually makes a lot of sense. Girl crushes are Girl Hot rather than Guy Hot. Trust me, there's a difference. Megan Fox is Guy Hot, Alexa Chung is Girl Hot.

Women become enamoured with women who are funky, stylish and successful, while men tend to worship … well, body parts.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Calculators working OT

Worth mentioning

China kicked off a once-a-decade census yesterday, a whirlwind 10-day head count that sees six million census takers scrutinize apartment blocks, scour migrant areas and scan rural villages to document massive demographic changes in the world's most populous country.

The 2000 tally put China's official population at 1.295 billion people, but missed migrant workers living in cities for less than six months. In the 10 years since, there has been an extensive shift in the population base as tens of millions of migrant workers have poured into urban areas looking for work.

It is the sixth time China has carried out a national census, but the first time it will count people where they live and not where their resident certificate, or hukou, is legally registered. The change will better track the demographic changes and find the true size of China's giant cities, the populations of which up to now have been only estimates.

There have been no published predictions on how much China's population has grown in the last decade, but if it grew by just one per cent per year, that would be an addition of 130 million people — or nearly half the population of the U.S. — in just 10 years. THE ASSOCIATED PRESS

One, two ...

THE ASSOCIATED PRESS

Is American politics more interesting than Canadian politics? Why?

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Metro Minute at sketch comedy fest

Your post-Halloween waistline has you weepy, your blood sugar levels have finally filed for divorce, and there are another 363 days until you can dress like a freak with impunity. Yes folks, it's the saddest time of year. We know what you're thinking: At this point, nothing but a week of absurd, hilarious sketch comedy could cheer you up. Whoa! What are the odds the Toronto Sketch Comedy Festival — a jam-packed celebration of all things hysterical — happens to be kicking off tonight at the Lower Ossington Theatre? These guys have killer timing, both on and offstage.

For more, check out torontosketchfest.com.

JORDANA DIVON

CONTRIBUTED

▶ Statutory Jape, a barbershop quartet of guys who can't really sing, is one of many acts hijacking the stage during this year's Toronto Sketch Comedy Festival.

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DODGE GRAND CARAVAN CANADA VALUE PACKAGE SIRIUS SATELLITE RADIO

2 scene

Canuck comic gets candid

- Russell Peters opens up in a new memoir, but omits some racy tales
- Upcoming projects include Green Card Tour in U.S., Breakaway film

KEITH BEATY

▶ Russell Peters is releasing his autobiography today.

Outspoken Canadian comedian Russell Peters says he didn't want to hide anything when crafting his new memoir, Call Me Russell, out this week.

But when his wife, Monica Diaz, read an early draft that mentioned the wild sexual romps he'd experienced during his rise to fame, she grew upset and so he snipped some of the titillating tales.

"There was another version and my wife read it and started crying," the Brampton, Ont.-raised comic — who married Diaz in August and is expecting a child with her in February — admitted in a recent interview.

"I didn't think anything great would happen in my life... I don't know what happened but here we are, 21 years later, and I've got a book out."
RUSSELL PETERS

"I was like, 'This was before you,' and she was like, 'Ya, but I didn't need to see it, I didn't need to know about it,' and I'm like, 'I'll fix it.' So we scaled it back and you've got the very abbreviated version of it."

Peters says he also decided not to write about a couple of unsavoury characters he's encountered.

"There's a guy that has stolen material from me; I didn't want to put his name in the book," he said.

"There's a guy who's a complete sociopath who's obsessed with me — he's threatening all kinds of stuff — and I won't give him any ink. He doesn't deserve it."

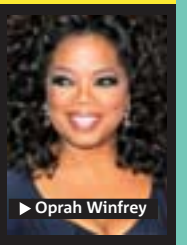
Still, Peters is candid in the book, opening up about his attention deficit disorder and being bullied as a child, expressing disappointment with some of his onstage performances, and revealing that some of his TV-development deals haven't panned out because producers wanted him to "act more Indian."

He also writes that he received death threats over his "Toronto Maple Sikhs" joke that he no longer performs, and that he sold drugs for a brief period as a teen.

Call Me Russell is also an inspirational story about how Peters, 40, rose to fame with an ethnically charged brand of humour that has sold out arenas from London to Sydney to Los Angeles.

THE CANADIAN PRESS

Oprah TV



▶ Oprah Winfrey

Oprah Winfrey's new network is planning series on two pairs of entertainers with complicated lives: country music stars the Judds and actor Ryan O'Neal and daughter Tatum.

The OWN network says both shows will appear sometime next year, along with a new makeover show starring Carson Kressley of Queer Eye for the Straight Guy.

OWN will flicker to life at noon on New Year's Day with a special explaining what the network is going to be about.

THE ASSOCIATED PRESS

Special operatives steal the show as Medal of Honor takes flight to Afghanistan.

Lil Wayne redefines stardom behind bars

STEVE NESIUS/AP PHOTO

▶ Lil Wayne

He had the top-selling album in the country earlier this month. He's on the president's iPod. He's on the charts with two singles and a collaboration on a third. He's on Facebook with updates for the more than 14 million people following them. He is, in every respect, on.

By the way, Lil Wayne is in jail. But his public persona is anything but locked away.

The rapper, who's on track to be released Thursday after serving eight months in a gun case, is the first artist in 15 years to release a No. 1 album on the Billboard 200 chart while serving a sentence. I Am Not a Human Being spent a week in the top slot and has sold more than 323,000 copies since its Sept. 27 release, according to Nielsen SoundScan.

It's hardly a coveted distinction. But it is both a reflection of Lil Wayne's popularity — he went to jail a multiplatinum-selling Grammy Award winner — and a result of astute manoeuvring in the multimedia landscape.

"The challenge was to make sure you feel like he never left," says Bryan (Birdman) Williams, the Cash Money Records co-founder who has fostered Lil Wayne's career since his teens. **THE ASSOCIATED PRESS**

DVD Releases Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

A Story with everything

Toy Story 3
Genre: Animation
Director: Lee Unkrich
Stars: Tom Hanks, Tim Allen
●●●●●

This Toy Story threequel is a movie for our Age of Anxiety, a time much more unsettled than when Toy Story 2 came out in the comparatively idyllic pre-9/11 world of 1999. Even the toys realize it: "I hate all this uncertainty," says kindly dino Rex (Wallace Shawn).

Directed by series veteran Lee Unkrich, it's every bit as delightful as its predecessor, but there are darker elements — including a genuinely fearful villain — that could frighten very young children.

Written in the main by Little Miss Sunshine's Michael Arndt, the film addresses issues of aging, abandonment and loneliness with greater directness and clarity than in the previous two films.

Toy Story 3 so successfully conjures up drama for Woody and his pals, viewers of sensitive dispositions may choose to watch parts of the film through their fingers. It's that scary at times.

It's also very funny.

PETER HOWELL

The Stones at their peek

Ladies & Gentlemen, The Rolling Stones
Genre: Documentary
Director: Rollin Binzer
Stars: Mick Jagger, Keith Richards, Charlie Watts
●●●●

Just in time to accompany Keith Richard's tell-all autobiography comes this long-shelved film of the Rolling Stones at their filthy best.

Those accustomed to the Broadway-style productions and expanded band line-up of recent Stones show will marvel at the leanness of this 1972 tour chronicle, which has previously been available on DVD only by bootleg.

It shows the band as essentially the five-piece it was at the time: Mick Jagger (vocals), Keith Richards (guitars), Charlie Watts (drums), Bill Wyman (bass) and Mick Taylor (guitars).

The rawness of the production and relatively primitive 1970s recording technology don't always favour Jagger's vocals — this was recorded mid-tour, during a four-night Texas stand.

But this is the band at its legendary peek, with ace axeman Mick Taylor firmly in command. The Stones were touring behind Exile On Main Street, the album many fans consider the band's finest.

PETER HOWELL

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

APPS THAT CAN CHANGE MUSIC

In Jeremy Fisher's music video for Shine a Light, a track off his new record Flood, the Montreal-based folk pop singer plays the first few bars of his tune with iPhone app drums and pianos instead of actual musical instruments. One day, he says, he may record an entire record using his phone. Fisher's video, and others like it, aren't just fascinating to watch; it proves that mobile phones are changing the way people write and play music.

There are a lot of great apps out there that could alter the way you write music forever, but here are my top three:

NLog Synthesizer
(Free/Midi version $8.99)

If you want a full functioning synth at your fingertips, check out the NLog. It's got 96 different sounds.

Drum Meister Pro Lite
(Free/Full version $1.99)

Drum Meister puts a full kit on your phone. Use your fingers to bang on the snare.

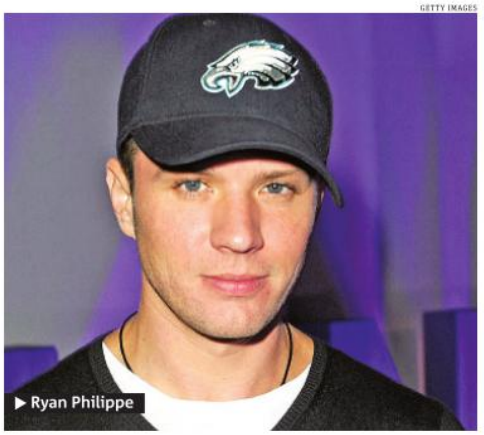
Virtuoso
(Free/Pro version 0.99 cents)

There are plenty of piano programs in the app store, but Virtuoso is one of the best because of its simplicity.

"MESMERIZING... NEVER LESS THAN SPELLBINDING"
- The New York Times
"THE MOST VISCERAL, INTENSE, AFFECTING WAR FOOTAGE EVER COMMITTED TO FILM."
- Chicago Tribune
THE PACIFIC
"STUNNING... A PERFECT TRINITY OF ACTION, EMOTION AND INTELLECT"
- The Wall Street Journal
"TRIUMPHANT... SPECTACULAR FILMMAKING...A+"
- Newsday
WINNER OF 8 EMMYS
AVAILABLE NOVEMBER 2ND ON DVD AND BLU-RAY
FROM THE PRODUCERS OF BAND OF BROTHERS

Is it puppy love for Ryan and Amanda?

GETTY IMAGES



▶ Ryan Philippe

GETTY IMAGES

▶ Amanda Seyfried

Though they claim to just be friends, actress Amanda Seyfried and actor Ryan Phillippe are turning heads in Hollywood after being spotted leaving Kate Hudson's star-studded Halloween party together, according to Radar Online.

The pair did their best to dodge photographers, but Seyfried's elaborate puppy dog costume made the actress pretty easy to spot. METRO

Lily Allen loses baby

Second such loss for 25-year-old singer in the last two years

GETTY IMAGES

▶ Lily Allen

Lily Allen suffered the tragic loss of her unborn child late last week, her rep confirmed in a statement.

"It is with great sadness that we have to confirm that Lily Allen and Sam Cooper have lost their baby," the statement read. "The couple ask that their privacy be respected and that they be left alone at this deeply distressing time. No further comment will be made."

The 25-year-old singer was about six months pregnant at the time. Allen also suffered a miscarriage in 2008, when she was expecting a child with musician Ed Simons. METRO

Talking points

Not a divorce, Cox insists

SIMPLY A SPLIT. Despite her separation from husband David Arquette — not to mention his loose lips about the split in interviews — Courteney Cox insists divorce is not in the cards.

"Sometimes you just realize, 'Wow, we actually have grown apart,'" she tells TV Week. "I don't know what will happen, but this is not like we're getting divorced. This is a separation." METRO

Honeymoon hurts for Katy

THIS BITES. Russell Brand and Katy Perry's honeymoon might not be living up to expectations, as a nasty spider bite Perry received during the first few days has made things uncomfortable, according to Grazia. The couples traveled to the exclusive Maldives for the getaway. METRO

Celebrity tweets

Stephen Fry is leaving Twitter after being misquoted, Pink isn't impressed, Ashton Kutcher is pondering his fortune, and Steve Martin entertains...

Stephen Fry [@stephenfry] Bye bye

Pink [@pink] Passive aggressive twittering is lame. Kinda sucks. How old are we?

Ashton Kutcher [@aplusk] How much of our success do you think is built on gut intuition?

Steve Martin [@SteveMartinToGo] If you're bored, you might prefer a tweet that is seventy-nine characters long. METRO

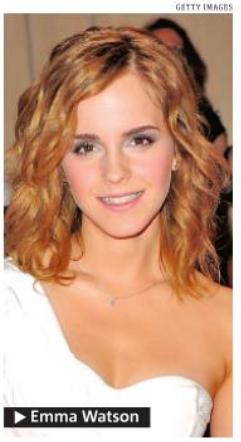
Harry Potter star was oblivious millionaire

Most people weren't too surprised to learn that the Harry Potter stars have earned a lot of money, but Emma Watson insists she was unaware of her fortune until recently.

"By the third or fourth film, the money was starting to get serious," she tells British Vogue about having a "money conversation" with her father when she was 17.

"I had no idea. I felt sick, very emotional." Watson is now worth an estimated $32 million. METRO

GETTY IMAGES



▶ Emma Watson

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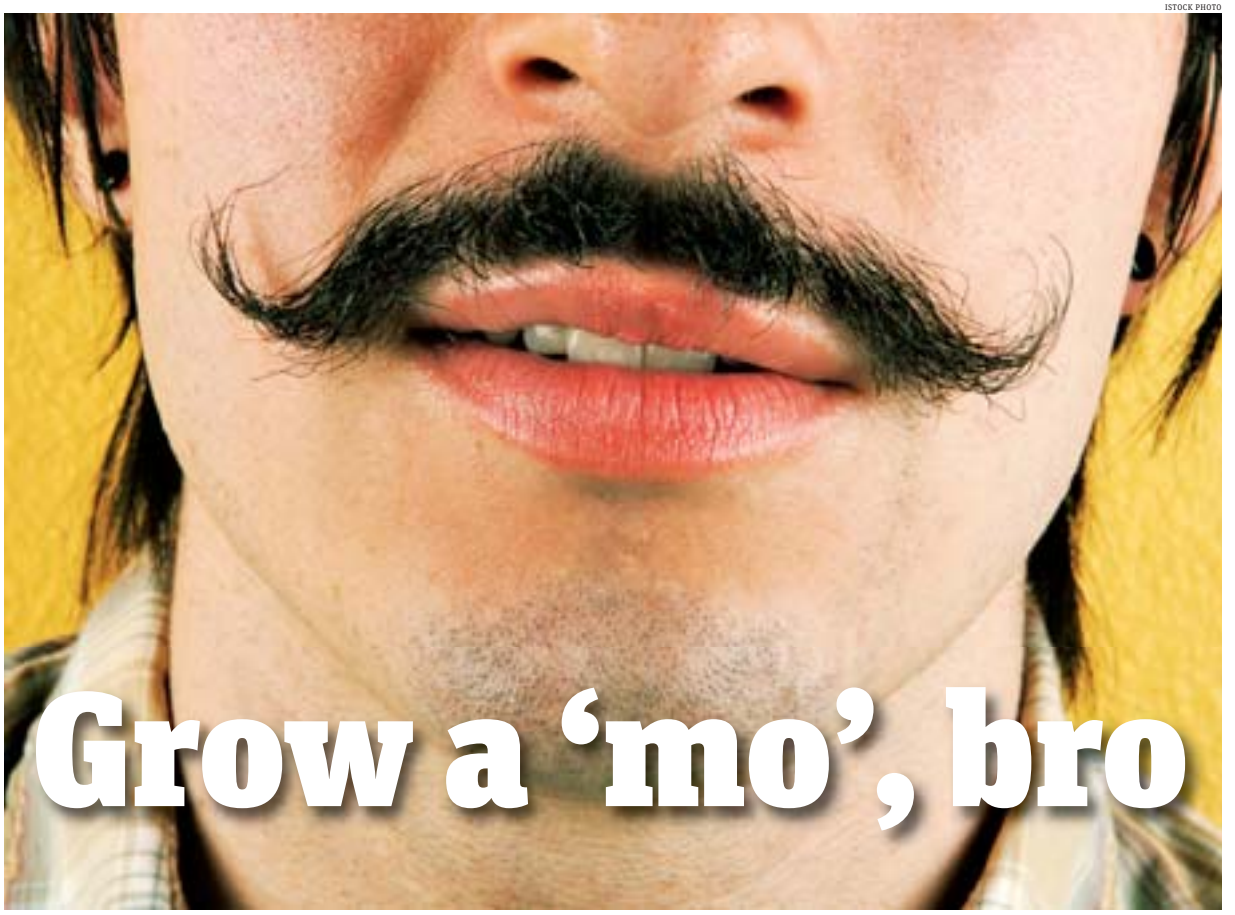


Grow a 'mo', bro

Movember moustaches raise awareness of prostate cancer Last year, more than 35,000 Canadians participated, and raised $7.8 million

CELIA MILNE
WELLNESS@METRONEWS.CA

Does the guy beside you have scruff on his upper lip?

Good for him!

He may be a "growing a mo" for Movember — to raise awareness of and funds for prostate cancer.

It's not too late to start. Go to movember.com and register, either alone or as a team.

"Grow a moustache," says Peter Bombaci, a 44-year-old marketing consultant and chair of the Toronto Movember committee. "The cheesier and more outlandish it is, the better the conversation."

This is the fourth year for Movember in Canada.

Last year, more than 35,000 Canadians participated, and raised $7.8 million.

This year is expected to be even better.

"Men need to put their egos away and create a conversation that isn't easy," says Bombaci.

"When my buddies say, 'What's that on your face?' I explain that I'm growing a moustache to raise awareness and funds for prostate cancer, and the conversation turns from a joke to guys talking about their health."

"Grow a moustache. The cheesier and more outlandish it is, the better the conversation."
PETER BOMBACI

The idea for Movember began in 2003 just as many guys' brainstorms do — over a few beers.

A group of men in Australia — inspired by the women around them who were raising money for breast cancer — decided to grow moustaches to help raise awareness of prostate cancer.

Now, the campaign has spread to Canada, the U.S., the U.K., New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland.

Funds raised here go directly to Prostate Cancer Canada for better screening, new treatments and support for men with prostate cancer.

Among those participating are Wendel Clark, Lanny MacDonald, and Brian Stemmle.

Prostate cancer

What is a prostate? Should I have mine tested?

- **Stats** Prostate cancer in men is about as common as breast cancer is in women: there will be about 24,600 new cases in Canada in 2010.
- **Survival rates** About 95 per cent of the men who are diagnosed with prostate cancer are still alive after five years.
- **Deaths** Approximately 4,300 Canadian men die of prostate cancer each year.
- **Screening** Finding out early is key to survival. So, talk to your doctor about whether screening is a good idea.

CELIA MILNE

3 life

Famous 'staches

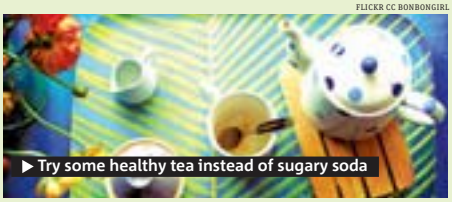
Salvador Dali knew a good 'stache when he saw one. These guys did too:

Burt Reynolds
Mark Spitz
Lanny MacDonald
George Harrison
Tom Selleck
Charlie Chaplin
Borat
Albert Einstein
Colonel Sanders
Freddie Mercury
Hulk Hogan
Friedrich Nietzche
Jimi Hendrix
Richard Pryor

CELIA MILNE

Cancer survivor wraps up a 25-day stint in only his underwear for a good cause

FLICKR CC BONBONGIRL



▶ Try some healthy tea instead of sugary soda

Nutrition

Highs and lows: Meetings, deadlines, video calls… little time means we grab the first thing we fancy to chew on the go. Our eating patterns tend to be erratic as we suck down eats lacking in vital nutrients. There's no excuse: A city so diverse gives you plenty of choices in terms of what and where we eat.

The solution: Instead of heading straight for the fast-food joint, or a candy bar, go for the healthier option such as salad bars or fruity snacks. You can order online from health food stores or see if there is a local farmers' market near your office.

FLICKR CC MALIAS

▶ Riding to work is great exercise. Just be careful of car fumes.

The highs and lows of city life

▶ You're living in the concrete jungle ▶ But will spending your days in the city leave you feeling slick, or sick? ▶ How to navigate the city streets

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro speaks to New York City-based nutritionist and health expert Lisa Drayer to find out more about how living the urban life can be a buzz ... or a bit of a buzzkill to your mental and physical well-being.

COMMUTE

High and lows: Seats on the bus and the subway accumulate and trap dirt, while hand bars and railings don't exactly get disinfected every hour.

And most big cities suffer from pollution, so an outdoor commute — such as riding your bike, or walking to a subway station — will expose you to car fumes.

Don't get me wrong: walking (one hour can burn up to 200 calories) or riding into work is an excellent way to fit exercise into your daily routine. But...

The solution: Try wearing a protective mask when on your bike, and look for quiet routes, avoiding rush hour. And carry hand sanitizer to get rid of subway germs.

FITNESS

High and lows: We can easily stick to going from our beds to the shower to the office. We hustle but we are not always actively physical.

The solution: Walk or ride a bike to work, choose the stairs over the elevator and if you're on the bus or subway, get off one stop early and walk the rest of the way.

At the office, walk over to someone's desk rather than sending them an email—the more you move, the more you burn.

"Cities rarely get quiet even when it's the middle of the night. There's always commotion."
NUTRITIONIST AND HEALTH EXPERT LISA DRAYER

NOISE

Highs and lows: Cities rarely get quiet even when it's the middle of the night. Cars honk, buses and cars backfire, pedestrians scream half-drunk — there is always some sort of commotion that could trigger a headache.

Late-night action can be a good thing when you need a pint of milk at 3 a.m. or take a night bus home after a party. But you won't get your beauty sleep.

The solution: Grab your MP3 player, plug in the headphones and listen to music as you drift off. Quiet, soothing music, of course.

SLEEP

Highs and lows: Late nights spent glued to our desks writing up a business proposal (or, um, scanning Facebook), with a hectic social life on the side, means most of us don't sleep the recommended eight hours a night.

The solution: Limit evening phone calls and weekday dinners, saving them for Saturdays and Sunday, when you have more free time.

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Pulling the tear trigger

Why do humans cry? The reasons are both emotional and biological
Don't get too sad: This story has a happy ending.

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

FLICKR CC VIKTORVALENZUELA

▶ Children cry to signal distress.

It is largely accepted (though unconfirmed) that humans are the only animals with the ability to shed emotional tears.

In the 1980s, Dr William Fey, a researcher at the Ramsey Medical Center in Minneapolis, established that reflex tears were composed mainly of water (98 per cent) whereas emotional tears contained the stress hormone prolactin.

Weeping, or emotional crying, is a necessary biological action triggered by the body to release toxins and provoke the "feel-good" factor people need after a good cry.

Therapist Marisa Peer believes there are two main triggers to emotional tears: extreme emotion and the establishment of distress.

Extreme emotion: From bumps or bliss

Emotional tears release stress hormones, so crying helps us release psychological tension. The emotions can include fear, happiness, shock, pain or sadness, which explains why after a fight, or a fall, most people will well up — a reaction which can be difficult to control, especially when the feeling is intense.

Peer explains that crying releases endorphins, the get-high hormone.

"It's the same that is released during extreme physical exercise and sex, which explains why some people cry after having an orgasm.

"We cry from happiness, elation, laughter, anger and basically all extreme and intense emotions we are capable of feeling," Peer said.

Calling out an SOS: Establishing distress

If you see someone crying — a random person, a good friend, Julia Roberts in a movie — your instincts will kick in.

The sight of somebody in tears within our proximity will draw us to them, either to help, protect or comfort them.

Crying triggers our protective instinct, acting as a sort of SOS or establishing a signal of distress.

"Our need for and ability to offer protection, sympathy and empathy play a crucial role in crying," Peer said.

This idea goes way back in time, when men would go hunting, leaving the women and children behind.

The women, left alone, would need a natural "signal" if they were in need of help, which may explain why most men tend to be less open about their emotions, and tend to be uncomfortable with crying in public (more so than women).

Crying is an attention grabbing action. Think of a baby.

The more someone cries, the more we want to take care of them.

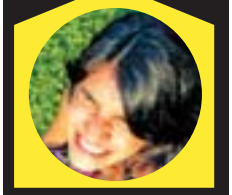
The benefits:

Let it out! Crying is an important stress release, a vital biological reaction for our emotional wellbeing. We feel better after we have cried and often more relaxed and less tense.

Crying is a protective instinct, one that makes us more aware of the distress of those surrounding us.

Up and down

Calorie burning
Crying burns roughly the same amount of calories as laughing, which is an average of 1.3 calories per minute. Who ever said if was better to laugh than to cry?



Hunger cries
Babies' hunger cries tend to be rhythmic and a sudden loud burst is usually followed by them pausing to catch their breath and then more crying. You parents know what we're talking about.

Crying

There are three types of tears.

1. **Reflex tears:** triggered to protect the eyes from irritants.
2. **Emotional tears:** a psychological reaction.
3. **Basal/ continuous tears:** lubricate the eyes

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Dealing with the grief

Hospitals find new ways to help deal with miscarriages, still births

▶ Tina Foley gave birth to her stillborn daughter, Micheline, and began a grieving process she says was helped by the way many hospitals now care for women who have experienced miscarriages, stillbirths or neonatal losses.

Tina Foley and her husband were gearing up for the arrival of their first child, excited about the furniture, toys and baby clothes they had bought in the months before the birth.

The communications consultant had had a fairly typical pregnancy, but went in to the hospital at around 24 weeks suffering from what appeared to be chronic morning sickness.

Days after she was admitted, nurses discovered there was no heartbeat and, within hours, Foley was wheeled down to ultrasound where it was confirmed she had lost the baby.

On Nov. 10, 2007, Foley delivered her stillborn child, Micheline, and began a grieving process she says was helped by the way many hospitals now care for women who have experienced miscarriages, stillbirths or neonatal losses.

The IWK Health Centre in Halifax provided the couple with a memory box containing the clothes Micheline was wearing, a name certificate, finger and footprints and two parts of a locket — one half for Foley, the other for her daughter.

"We had a service for her and asked for her to be baptized and named," said Foley, 34.

"The nurses got her ready and she was wearing a sleeper and wrapped up in a blanket with a bonnet...they stayed with us and participated in the service.

"I can't speak enough

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ANDREW VAUGHAN/THE CANADIAN PRESS

about the passion of the nurses there."

The hospital, like many now in Canada, also offers to take photographs of babies to ensure families have lasting memories of lives not often recognized.

The effort to memorialize babies like Foley's is part of a growing acknowledgment in Canada of the thousands lost every year. **THE CANADIAN PRESS**

Thoughts on... Purpose

Service above self

ADVICE The purpose of your life is to serve in a way that brings great joy and fulfillment to yourself and others.

Don't worry about finding your purpose, instead focus upon serving with the highest of intentions.

Everyday focus on serving — the more you serve — the more the universe will reveal your life purpose.

It might come in the form of a song on the radio, or a newspaper headline that catches your eye or just a simple phrase that stops you in your tracks — be mindful of the signs, messages and signals of your life purpose in whatever form they appear.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Time to chill out on a chilly night

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

If I needed any reminding that it's fall the sound of my electric baseboard heaters coming to life when I finally turned up the thermostats around the Rockwell mansion last weekend brought it all home.

As the days (and nights) get colder I warm to fuller-bodied red wines: Those that offer stick-to-your-ribs goodness without sacrificing any nuance. One of the best of that genre is Amarone.

Produced from dried grapes in Italy's Veneto province, Amarone is a dry (its sweeter sister is called Recioto) wine with a high alcohol level; and though it's certainly food worthy (think complex meaty dishes) its best served with strongly flavoured cheeses like Gorgonzola and Parmigiano-Reggiano or with nothing but good conversation while chillin' on a chilly evening.

Cantina di Negrar's 2006 Amarone della Valpolicella Classico ($34.95 - $39.99) is a bright, mouth-filler that balances the booze with a ripe, rounded burst of plum and light raisiny fruit.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years.

NATE PADAVICK/THE ASSOCIATED PRESS

▶ This illustration shows a wheatberry pilaf recipe by Nate Padavick and Sarah Cowles from TheyDrawandCook.com.

Sketchbooks, spatulas make for a great blog

Turns out plenty of people are as handy with a spatula as with a sketchbook.

Call them culinary artists. They are the contributors to the increasingly popular recipe blog TheyDrawandCook.com, a site that reimagines basic recipes as artful illustrations drawn with a whimsically homey touch.

So far, the site, launched in February, has drawn hundreds of submissions, spawned a kids page and is on its way to becoming a book, scheduled to come out next year.

But it began with much humbler ambitions, says co-founder Salli Swindell.

"It was really just started out of pure, 'This will be fun,'" she said. "I think it's kind of stayed that way."

"I thought, 'I love illustrating food! What have I been doing all these years?'"
THEYDRAWNADCOOK.COM'S SALLI SWINDELL

The genesis for the site came from a meal Swindell's brother, Nate Padavick, cooked during a family vacation. He was recreating a fig pasta dish he'd had in Berlin and when Swindell saw the figs she was inspired to get out the watercolours, then scan the finished painting into the computer.

"I thought, 'I love illustrating food! What have I been doing all these years?'" recalled Swindell, who has worked as a magazine illustrator and for a greeting card company and now runs an online design studio with Padavick.

The first thought was to work with other artists to create a self-published book that could be given as gifts. But delays in getting some of the art turned to frustration. So instead the project turned into a blog. Then it started getting noticed.

First, came a big following from people in Brazil. Then the blog caught the attention of illustrators in England. "Once you're with those London illustrators, oh my gosh," said Swindell.

The original point of the blog was to provide a platform for illustrators to show off their chops, while showing off their, well, chops. But it also has generated an interesting conversation about food media — that food illustrations might engage people in a way that increasingly slick food photography may not.

"I read a lot of food blogs — there's just a sameness to the visuals," said Janice Gregg of Philadelphia, who blogs about food, culture and technology.

Technological advances have made the close-up, deeply saturated food photo easier to get and they can be beautiful, she said. But "to me, it's just sort of a little bit of a break on the eyes not to be looking at all that photography."

THE ASSOCIATED PRESS

Far reaching

- Illustrations on They Draw and Cook range from fairy-tale whimsy and cute critters cooking in aprons to bold graphics. A watercolour recipe rendering of moules frites by Hannah Clark, an English contributor, is a symphony of blues and yellows.
- A recent contributor to the blog was Sean Ingvard Ashby of Edmond, Okla., submitted an illustrated recipe for Danish pancake balls.
- As an illustrator, Ashby liked the pictorial focus of the blog. "There was something kind of nice, I thought, in that this was fairly specialized. It was just one simple concept."

Curried chicken and rice burritos

Ingredients :

- 1 rotisserie chicken (about 1 kg/2 1/4 lb)
- 250 ml (1 cup) coconut milk
- 15 ml (1 tbsp) curry powder
- 5 ml (1 tsp) lemon juice
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 125 g (4 oz) diced paneer
- 1 medium red onion, diced
- 500 ml (2 cups) cooked basmati rice
- 8 large (burrito size) flour tortillas
- Mango salsa chutney

Preparation:

1. Heat oven to 200 C (400 F). Spritz a large baking dish with cooking spray.
2. Remove meat from chicken, discarding bones and skin. Chop any large pieces of meat into bite-size pieces.
3. In a large bowl, whisk together coconut milk, curry powder, lemon juice, salt and pepper. Add chicken, paneer and onion, tossing to coat. Mix in rice.
4. Microwave tortillas for about 10 seconds to make them more pliable.
5. One at a time, place each tortilla flat on the counter. Spoon about 175 ml (3/4 cup) of the chicken mixture down the centre of the tortilla. Fold both ends in, then roll up.
6. Place each burrito, seam side down, in prepared baking dish. When all of the burritos are assembled, spritz tops with cooking spray.
7. Bake burritos for 15 to 20 minutes. Serve with mango salsa or chutney.

THE ASSOCIATED PRESS.

HUSBAND LACKS DESIGN DESIRE

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

Q: I want to redecorate my home, but my husband has no opinion on anything—from paint colours to lamps and furniture. How do I get him involved?

Angela says ...

Paint a wall pink and see if he has an opinion. But seriously, if he's not interested, he's not interested. Some husbands genuinely don't care, or trust their wives enough that she'll know not to choose pink. Heck, some girls don't care if the wall is stone, stonewall or weathered stone (myself included). I'm also indifferent when my husband goes on and on about how many pixels our TV should have. I figure since I don't really care, he can make that decision on his own.

Derek says ...

Let's be honest, how involved do you really want your husband in this process? Decorating together invariably ends with one person in tears, sometimes both. You can drag him with you on your shopping trips to Bouclair, but he'll only be marginally engaged at best. When it comes to choosing paint colours and fabric, present him with two or three options, highlight your favourite and he'll nod approval. If you want him to express a bit of enthusiasm, make sure to include pit stops at Best Buy and the Sony Store during your Saturday afternoon excursions. Everybody wins.

LOVE ON THE SOCIAL NETWORK

Names: Leisha, 29, and Byron, 36
Hometown: Surrey, B.C.

Together since: 2007

Their story:

▶ Leisha and Byron

How We Met: Leisha & Byron

"I (Byron) first saw Leisha while I was waiting in line at a Granville (B.C.) nightclub. I noticed an attractive women standing with friends in the bar, but I was with a big group that night and really wasn't looking to find true love.

"Then a girl approached me and asked me to talk to her friend. I was hesitant at first, but then I realized that the girl's friend was Leisha — the same attractive woman I'd spotted earlier. I introduced myself, but my words got a little jumbled, so I told her to look me up on Facebook. Yes — Facebook! I was new to the social networking scene and decided to throw it out there. A few weeks passed and I hadn't heard anything from Leisha. I assumed she wasn't interested. I even remember telling my roommate, 'I think I lost my future wife.' But then one day I received a Facebook message from Leisha. We chatted online for a few more weeks and then decided to meet for lunch. It was the best lunch date ever! The conversations and chemistry were so easy and relaxed. Leisha and I got married earlier this year at the UBC Boathouse in Richmond, B.C."

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Jamaica Travel Nov 20 - Nov 27/wg	$95	+ taxes & fees $278
Fort Lauderdale New Years Travel Dec 30 - Jan 13/ts	$129	+ taxes & fees $241
London Travel Nov 10 - Dec 3/ts	$149	+ taxes & fees $437
New York Travel Dec 2 - Dec 9/la	$196	+ taxes & fees $106
New Orleans New Year's Travel Dec 31 - Jan 5/ws	$198	+ taxes & fees $118
Panama Travel Nov 8 - Nov 15/ts	$229	+ taxes & fees $245
Lisbon Travel Dec 5 - Dec 20/ts	$299	+ taxes & fees $250
Lima Travel Dec 1 - Dec 8/la	$595	+ taxes & fees $264
Cairo Travel Dec 1 - Dec 7/kl	$679	+ taxes & fees $403
Delhi Travel Dec 2 - Dec 16/tk	$699	+ taxes & fees $484
Sydney Travel Dec 1 - Jan 26/qf	$1069	+ taxes & fees $450

USA

Las Vegas Air + 4 Nights **$135**
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Orlando Family Special Air + 7 Nights $149◊
Champions World Resort + taxes & fees $238
INCLUDES central accom close to theme parks with shuttle service. Departs Nov 5/ggv/ts. BOOK this package based on double occupancy for $229 plus taxes.

Miami Air + 3 Nights $399
The Colony Hotel + taxes & fees $110
INCLUDES accom in the heart of South Beach with free wireless internet. Departs Dec 9/ggv/dl. ADD Key West day trip for $99.

California Fly & Drive Air + 7 day Car $429
+ taxes & fees $128
INCLUDES airfare into San Francisco and return from Los Angeles and 7 day car rental with unlimited mileage. Departs Nov 8/ggv/ac. UPGRADE from midsize to convertible from $17 per day.

Chicago Air + 3 Nights $449
Palmer House Hilton + taxes & fees $106
INCLUDES accom in the heart of Chicago. Departs Dec 2/ggv/dl. UPGRADE to the 4-Star Conrad Chicago from $27 per night.

Maui Family Special Air + 7 Nights $969◊
Royal Lahaina resort + taxes & fees $137
INCLUDES Ka'anapali beach resort accom. Departs Jan 26/ggv/ws. Price is based on a family of 4.

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Punta Cana 7 Nights 4-Star $415
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Departs Nov 25/sgn/wg.

Mayan Riviera 7 Nights 4-Star $415
Riu Lupita + taxes & fees $287
Departs Nov 10/sgn/wg.

Jamaica 7 Nights 4-Star $507
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Roatan, Honduras 7 Nights 4.5-Star $775
Media Luna Resort + taxes & fees $240
Departs Dec 13/swg/wg.

Bahamas 4 Nights 5-Star $867
Sandals Royal Bahamian Spa Resort + taxes & fees $254
Departs Nov 7/sqv/qk.

Vacations

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Dubai Air + 7 Nights $1249
Golden Sands #3 + taxes & fees $479
INCLUDES accom in Dubai's city centre. Departs Mar 8/ggv/kl.

Buenos Aires Air + 7 Nights $1399
Novotel Buenos Aires + taxes & fees $270
INCLUDES central accom close to the Obelisk. Departs 4/ggv/dl.

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Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

LEARN HOW TO TRAVEL SMART

Whether you're hitting the beach or chillin' in Amsterdam, you can enjoy your travel experience on a limited budget. Develop a budget before you take off – not a repayment plan for after. Save in advance by automatically transferring money into a vacation account the day you're paid. Pay for expenses like airfare or hotels as they come up and cash in your loyalty points. Racking up your credit card to pay for a trip you can't afford will only cause stress that will interrupt sightseeing.

Major travel expenses can easily be slashed in half by travelling in the off season; tour Europe in April versus July. Or travel to a hidden gem that's largely undiscovered and not a tourist hot spot; visit Croatia versus Italy or stay in the suburbs. Last minute travel can be booked for a bargain so long as you're flexible on date, destination, flight schedules and accommodations.

Watch out for super cheap flights, often $50 or less. They're saddled with airport, security and service fees that can make the deal less sweet. Nit-picky charges like $25 baggage fees can be avoided if you pack carry-on only. Sign up for travel deal email alerts and compare air and hotel fares regularly for lowest costs.

When in a foreign country, use regional airlines, or take the bus or train. Renting a car, scooter or motorbike from a local agency can be fun and affordable too (don't forget the map and ensure you can drive stick-shift). Or consider biking, hiking or backpacking and take public transportation when you can.

Large hotel chains can offer great deals from time to time, and check to see if you can use your company's corporate rate. Consider staying at a boutique hotel. If you're travelling for more than a week, rent a condo, participate in a house swap (homelink.ca or homeexchange.com) or stay at a reputable hostel (hostelworld.com or hostels.com).

Food and entertainment can be more expensive than flights and hotel. Plan your days in advance, explore costs by visiting websites for sports events, museums, tours, Broadway shows or trips up the Empire State Building. Try to pack at least one meal; fresh fruit, granola bars, and nuts can satisfy your hunger.

Whatever your travel plans, don't sacrifice safety to save money.

Get ready for a hit to your cash

Already looking forward to some southern sun as winter's cold grasp looms? Some advice, wait

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

The snow (at least in most parts of Canada) hasn't arrived yet but many of you are already scanning the travel pages for winter getaway deals. There's nothing like taking off in the dead of winter to cure the February blues.

But here's the problem: holiday sticker shock. Those advertised all-inclusive resort deals, cruises or ski packages are so tantalizing and seem so darn cheap. But come time to check out the bill that's inflated by extras, and it's suddenly double the price than when you booked.

▶ Make sure you don't underestimate the cost of your trip.

And I'm not even talking about what you might spend on a shopping trip or at the resort gift shop. That financial ouch doesn't hit you until the tan is fading and the credit card bill arrives.

Avoid holiday sticker shock by laying out all your costs. Can you handle it? If not, rethink your holiday. Here are some budget items to consider.

- **Add in tips:** Everything from taxis to room service tips have a way of sneaking up on you. Set aside a cash amount for tips.
- **Figure in upgrades:** Fresh off the plane and eager for the beach or slopes, it is easy to go for the upgrades offered from bigger rooms to VIP service. If you have upgraded in the past add it in to your holiday budget.
- **Taxes:** Many areas have charges beyond the sales tax. Find out ahead of time and add it in.
- **Liquor:** It flows freely, literally, at many resorts and cruises, but if you like a better quality bottle of wine, for example, it will cost you.
- **Sightseeing:** Guided trips are a great way to get to know a destination. If you don't know extra charges in advance contact the resort or tour operator for details.

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CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Prevent personal fraud now

Over the past few years, an increasing number of headlines about people who have lost their life's savings due to ponzi schemes have appeared. Unfortunately, this type of personal devastation is not restricted to North America. In fact, it's a worldwide problem. Luckily, there are things you can do right now to ensure that you don't also become a victim.

Step 1: Do your research. How well do you know your advisor?

The best way to protect yourself against fraud is to be proactive. If you're in the market for a new financial advisor, ask your friends and family for a referral. Has the advisor been well trained? Do they have a strong foundation in financial education and certification? Do they work for a reputable company? If they're independent, would they be recommended by any of their current clients? It's important to check their credentials with the Financial Advisors Association of Canada, the local better business bureau or the local regulatory body's information centre or website. Remember that an advisor who sells insurance products must be licensed by a provincial oversight agency.

Tips

- You should never be asked to keep a secret.
- A representative should never avoid stating who they work for.
- Never feel pressured to invest in "sure things."

Step 2: Keep a cool head.

When you meet with your potential advisor, make sure you're not swayed by a person's title or by their sales pitch. Be particularly wary of anyone who promises high returns or asks you to write a personal cheque to them instead of their firm.

NEWS CANADA

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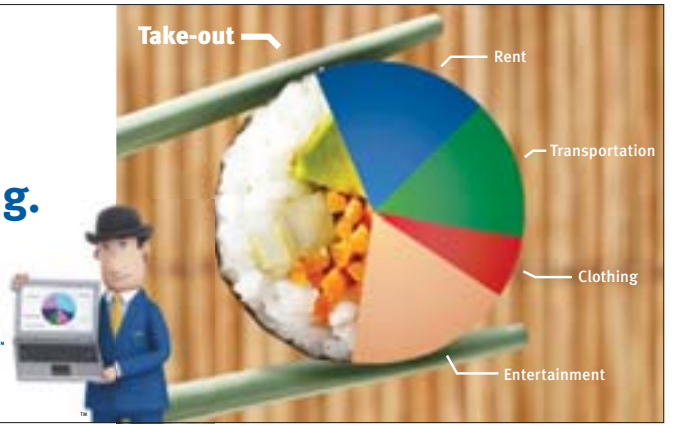

PROVIDED BY DENNY CHENG/CATHAY PACIFIC

▶ Students are shown the finer points of cleanliness and food preparation in airline catering at a CLS Catering Services facility near Pearson International Airport.

When catering takes off

It takes skill and dedication to prepare food for the airline industry

RAF BRUSILOW
LIFE@METRONEWS.CA

If you think preparing food for a room full of customers is hard, try doing it for hundreds of airborne "rooms" of people you've never even met, with all the food cooked the day before. That's the challenge airline caterers face everyday, and it's one Peter Ho, Cathay Pacific's regional catering manager for North America, has spent decades mastering.

"Airline catering creates many challenges a regular restaurant environment doesn't have to deal with. You have to work with airline schedules, the temperature has to be carefully controlled and safety and quality standards have to be higher than at a hotel," Ho said.

While all food preparation requires skill and dedication, airline catering throws a series of logistic wrenches into the equation, which complicate the process. An average food cycle sees a plate of airline food cooked and flash-frozen roughly 24 hours before it's scheduled to be reheated on a flight and eaten. Care has to be taken in transport to ensure the food stays safe — and tasty — to eat. Special food requests need to be dealt with well in advance and last-minute flight delays can throw the entire production process into a loop.

Did you know?

Cathay Pacific's Hong Kong catering kitchen is the size of nine football fields and produces 80,000 meals every day.

Consistency is also crucial, right down to the size and shape of a piece of meat or a portion of mashed potatoes. While in a normal restaurant people might order completely different dishes, on a flight no one wants to sit next to someone who opens up their meal to find a much nicer-looking cut of the same meat as you. Menus need to change regularly so that frequent fliers on the same flight path feel they're getting something new as often as possible.

"Consistency and standards are extremely important so airline kitchens have a lot of logistics going into them. Passenger requests changes all the time and we keep on changing with them. We have to be innovative all the time," Ho said. The secret to good food is good chefs, and airline chefs need to be just as passionate as those in other industries, but with a healthy dose of flexibility due to the constantly changing nature of work schedules and menus.

"Good chefs will have a good culinary background and must have passion for their jobs. They also need to follow strict specifications and be flexible and prepared all the time. You need PDC — passion, dedication and commitment," Ho said.

Where to get started

Want to pursue a career as an airline chef? You'll need strong training in culinary arts and, luckily, the GTA has a wealth of places to get started. Here are a few of the most popular options:

Humber College: Humber's Canadian Centre of Culinary Arts & Science offers culinary skills, chef de cuisine and apprenticeship programs (humber.ca)

George Brown College: GB's Chef School offers culinary courses and apprenticeships, a baking program and even a specialized program in Italian cuisine (georgebrown.ca)

Liason College: A school centred solely on culinary arts, Liason offers all levels of culinary and management instruction, as well as unique programs for specialist and personal chefs (liasoncollege.com)

Career Finder

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Students prefer printed books: Survey

BOOKS According to a new survey by the U.S.-based National Association of College Stores, 76 per cent of responding college students would pick a printed book over an e-textbook if the choice was left entirely up to them. About 13 per cent of respondents said they had bought an e-book in the past three months, and most of those said they did so because a digital edition was required by their instructor.

METRO

▶ Exploring different programs of study can help prospective students make informed decisions.

An apple a day

Higher learning leads to passion for nutrition ◆ Make an informed decision

Today, Jennifer Otley will proudly tell you she's a dietitian. At 27 years old, she's found exactly the career she wants. But being a dietitian wasn't always part of her plan.

Like many young people, Jennifer went straight to university after high school. After four years, she graduated with a Bachelor of Science and a Bachelor of Physical and Health Education. It was during those four years that she discovered her true passion.

"I took a range of things. That's why I liked my degree program — because you dabbled in a bunch of different areas," says Jennifer. "I loved my nutrition classes. I would read the textbooks for fun."

Exploring different programs of study can help prospective students make an informed decision. CanLearn.ca provides search tools and information about jobs and wages, schools, and scholarships.

Soon after graduation, Jennifer decided to become a dietitian. That meant three more years of university in Toronto.

According to a 2009 report from the Canadian Council on Learning, just over half of college and university students follow the traditional path through their post-secondary education, graduating from the program and school where they first began their studies. The rest take a less direct route. For some, this means attending more than one institution, switching programs or changing subject areas.

Jennifer recently completed a one-year internship as a dietitian. After a three-month job hunt, she's now working in diabetes outreach. "Even though I'm in debt, I don't have any regrets," she says with a laugh. Nor should she; in today's labour market, two out of three jobs require a post-secondary education, according to a labour market report from Human Resources and Skills Development Canada.

For Jennifer, the journey has been worthwhile. "University opens a lot of doors and gives you time to figure out what you want to do," she says. "I'm glad I kept following what I wanted to do."

NEWS CANADA

more details

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Giant leap

San Fran wins its first World Series

▶ Edgar Renteria hits a three-run homer to centre-field against Rangers pitcher Cliff Lee.

GIANTS	RANGERS
3	1

The prize that eluded Willie and Barry at long last belongs to the San Francisco Giants, thanks to a band of self-described castoffs and misfits and their shaggy-haired ace.

Tim Lincecum, Edgar Renteria and the Giants won the World Series last night, beating the Texas Rangers 3-1 in a tense Game 5 and taking the trophy home to the city by the Bay for the first time.

It was an overdue victory — the Giants last wore the crown in 1954, four years before they moved west. So much for a franchise that never quite got it done in October despite the likes of baseball giants Willie Mays, Barry Bonds and Juan Marichal. It's November, and now new stars stand tall in San Francisco.

Lincecum outduelled Cliff Lee in an every-pitch-matters matchup that was scoreless until Renteria, the Series MVP, hit a stunning three-run homer with two outs in the seventh inning. Nelson Cruz homered in the bottom half, but Lincecum returned to his wicked self and preserved the lead.

Lincecum won this game of Texas Hold 'em, beating Lee for the second time in a week. The two-time NL Cy Young winner gave up three hits over eight innings and struck out 10.

Brian Wilson closed for a save, completing a surprising romp through the post-season for a pitching-rich team that waited until the final day to clinch a playoff spot.

Manager Bruce Bochy enjoys calling his Giants a ragtag bunch. Maybe Cody Ross, Aubrey Huff and Freddy Sanchez fit that description. But the foundation of this club — for now, for the foreseeable future — is totally home grown, built on a deep, talented and young rotation, a rookie catcher with huge star potential and their bearded closer.

Renteria reprised his role of post-season star. His 11th-inning single ended Game 7 of the 1997 World Series and lifted Florida over Cleveland. Forget that he made the last out in the 2004 Series that finished Boston's sweep of St. Louis — this journeyman's path led to another title, helped by his go-ahead home run in Game 2.

.412
Edgar Renteria's batting average for the World Series. He was named MVP of the series after driving in six runs.

THE ASSOCIATED PRESS

Alfredsson expected to play against Leafs

Ottawa captain Daniel Alfredsson left practice early yesterday with what the team is calling a lower body "tweak," but head coach Cory Clouston is optimistic the Senators' leading scorer will be in the lineup tonight against the Toronto Maple Leafs.

"He's not 100 per cent, but he knows his body better than anybody," said Clouston.

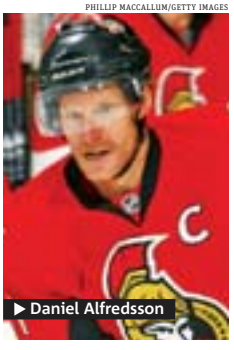
"It's a little tweak, lower body and I think he should be fine for tomorrow. I told him to go off, ride the bike and we'll see how things are tomorrow. I expect him to be ready for tomorrow."

That's good news for the Senators, who have been struggling to score goals this season.

6 Alfredsson leads the Sens in scoring with six goals and six assists in 11 games.

THE CANADIAN PRESS

PHILLIP MACCALLUM/GETTY IMAGES



▶ Daniel Alfredsson

Sports in brief

Injury stalls Staal's return

NHL. Pittsburgh Penguins forward Jordan Staal, expected to return this week after missing 12 games with an infection in his right foot, needs surgery to repair a broken right hand and will be out for up to six weeks.

THE ASSOCIATED PRESS

Vikings cut Moss loose

NFL. The Minnesota Vikings have waived receiver Randy Moss.

After three disappointing losses in four games, the Vikings decided to dump the six-time Pro Bowl wide receiver.

THE ASSOCIATED PRESS

4 sports

Quoted

"As far as the emotions go, it is what it is. To become No. 1 you have to win and win a lot to maintain it. That's the way it goes."

TIGER WOODS, ON LOSING HIS NO. 1 SPOT IN THE GOLF RANKINGS AFTER HOLDING IT FOR 281 WEEKS.

"I've got three more events this year and, hopefully, I can end on a good note. I'm really looking forward to these events and, hopefully, they will spearhead into a better 2011."

WOODS

Scan code for more sports

NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

PLAYER	GP	G	A	PTS	+/-	PIM
Getzlaf	12	4	11	15	-3	12
Selanne	12	5	7	12	-4	2
Perry	12	5	7	12	0	31
Ryan	12	4	5	9	2	27
Visnovsky	12	1	7	8	-3	8
Koivu	12	2	2	4	-4	12
Lydman	8	2	2	4	5	4
Blake	11	2	1	3	-4	4
Fowler	6	1	2	3	-1	2
Syvret	6	1	1	2	-3	4
Beleskey	10	0	2	2	-5	2
Parros	11	1	0	1	-2	31
Carter	7	1	0	1	-1	11
Marchant	12	0	1	1	-5	4
Bodie	9	0	1	1	-3	7
Lilja	7	0	1	1	-3	4
Brookbank	12	0	0	0	-5	31
Mara	12	0	0	0	-3	22
Chipchura	11	0	0	0	-1	10
Sexton	7	0	0	0	-4	2
Voros	5	0	0	0	-2	17
Green	1	0	0	0	0	0
Festerling	1	0	0	0	0	0
Sutton	1	0	0	0	-2	2
Hiller	9	0	0	0	0	0
McElhinney	4	0	0	0	0	0

ATLANTA

PLAYER	GP	G	A	PTS	+/-	PIM
Ladd	11	4	8	12	2	2
Byfuglien	11	4	6	10	-4	23
Enstrom	11	2	8	10	-2	4
Kane	11	6	2	8	-4	6
Stewart	11	4	4	8	-4	0
Peverley	11	1	7	8	1	6
Bergfors	8	3	4	7	2	2
Thorburn	11	3	1	4	0	13
Antropov	10	2	2	4	-6	8
Little	10	1	3	4	1	2
Oduya	11	0	4	4	-6	2
Burmistrov	11	1	1	2	-2	10
Eager	11	1	1	2	0	29
Modin	9	1	0	1	-8	0
Slater	7	1	0	1	-3	4
Boulton	5	1	0	1	1	0
Hainsey	11	0	1	1	-2	2
Sopel	11	0	1	1	1	4
Dawes	6	0	0	0	-6	0
Bogosian	5	0	0	0	-2	8
Meyer	5	0	0	0	-2	4
Welch	1	0	0	0	-1	0
Mason	10	0	0	0	0	2
Pavelec	2	0	0	0	0	0
Mannino	1	0	0	0	0	0

BOSTON

PLAYER	GP	G	A	PTS	+/-	PIM
Horton	8	5	4	9	5	17
Krejci	8	2	7	9	5	0
Lucic	8	4	4	8	6	16
Seguin	8	3	2	5	-1	0
Ryder	8	2	3	5	-2	0
Recchi	8	0	5	5	2	0
Chara	8	2	2	4	3	4
Bergeron	8	1	3	4	2	4
Seidenberg	8	0	4	4	4	9
Caron	7	3	0	3	3	2
Boychuk	6	0	3	3	3	0
Hunwick	8	1	1	2	3	2
Wheeler	8	1	0	1	2	0
Thornton	8	1	0	1	1	7
Ference	8	0	1	1	4	2
Marchand	8	0	1	1	0	8
Campbell	8	0	1	1	1	26
Stuart	8	0	0	0	1	9
McQuaid	2	0	0	0	0	2
Paille	1	0	0	0	-1	0
Thomas	6	0	1	1	0	0
Rask	2	0	0	0	0	0

BUFFALO

PLAYER	GP	G	A	PTS	+/-	PIM
Roy	12	6	7	13	2	8
Vanek	12	4	3	7	-5	4
Connolly	12	4	3	7	-1	4
Stafford	12	3	4	7	3	8
Leopold	12	3	4	7	2	6
Ennis	12	2	5	7	4	4
Montador	12	1	5	6	9	14
Myers	12	3	1	4	-10	4
Gaustad	12	1	3	4	3	20
McCormick	11	2	1	3	1	21
Kaleta	12	1	2	3	-1	10
Hecht	12	0	3	3	0	0
Grier	12	0	3	3	-2	2
Butler	8	0	3	3	2	6
Niedermayer	11	0	2	2	-3	4
Gerbe	9	0	2	2	2	2
Sekera	11	0	1	1	-1	2
Rivet	9	0	1	1	1	4
Morrisonn	6	0	1	1	-4	8
Pominville	3	0	0	0	-3	0
Weber	2	0	0	0	-1	0
Miller	10	0	0	0	0	0
Lalime	2	0	0	0	0	0

CALGARY

PLAYER	GP	G	A	PTS	+/-	PIM
Morrison	11	3	7	10	2	4
Bourque	9	6	3	9	0	6
Tanguay	11	4	4	8	1	6
Stajan	9	1	7	8	1	2
Iginla	11	2	5	7	-1	7
Hagman	11	4	2	6	-2	8
Jokinen	11	2	4	6	0	9
Glencross	11	3	2	5	2	10
Backlund	11	2	2	4	0	0
Bouwmeester	11	1	3	4	3	10
White	11	1	3	4	-4	6
Giordano	11	0	3	3	2	9
Regehr	11	0	3	3	2	4
Sarich	8	0	3	3	4	4
Conroy	10	2	0	2	1	2
Jackman	11	1	1	2	-3	31
Mikkelson	9	0	2	2	0	7
Meyer	11	0	1	1	-7	12
Sutter	4	0	1	1	-1	5
Staios	5	0	0	0	-2	6
Brodie	3	0	0	0	-3	2
Pardy	2	0	0	0	0	4
Ivanans	1	0	0	0	-1	5
Kiprusoff	9	0	0	0	0	0
Karlsson	3	0	0	0	0	0

CAROLINA

PLAYER	GP	G	A	PTS	+/-	PIM
Skinner	10	3	4	7	1	2
Staal	10	3	4	7	-3	12
Cole	10	2	4	6	7	2
Jokinen	10	2	4	6	-7	4
Babchuk	10	2	3	5	1	8
Ruutu	10	2	3	5	-4	12
Pitkanen	10	1	4	5	1	12
LaRose	10	2	2	4	-4	10
Sutter	10	2	1	3	2	0
Dwyer	10	2	1	3	-1	0
Corvo	10	0	3	3	-4	4
McBain	10	0	3	3	-2	6
Samsonov	6	2	0	2	-2	0
Gleason	10	0	2	2	-2	2
O'Sullivan	7	1	0	1	-1	2
Kostopoulos	10	0	1	1	-3	9
Dalpe	7	0	1	1	0	7
Harrison	10	0	0	0	0	11
Bowman	8	0	0	0	1	6
Tlusty	2	0	0	0	0	0
Ward	9	0	0	0	0	0
Peters	1	0	0	0	0	0

CHICAGO

PLAYER	GP	G	A	PTS	+/-	PIM
Sharp	12	10	5	15	-3	0
Hossa	11	7	4	11	4	10
Kane	12	3	8	11	-7	0
Keith	13	1	9	10	0	4
Toews	13	3	6	9	3	4
Brouwer	13	1	7	8	-1	7
Kopecky	12	1	7	8	-1	14
Seabrook	13	2	4	6	4	8
Dowell	13	3	2	5	1	14
Bickell	12	2	3	5	0	5
Stalberg	12	3	1	4	-3	4
Bolland	12	1	2	3	1	6
Cullimore	9	0	3	3	0	0
Skille	12	0	2	2	-2	6
Boynton	12	0	2	2	-2	10
Leddy	6	1	0	1	-1	0
Pisani	13	0	1	1	-2	2
Hjalmarsson	11	0	0	0	-8	17
Scott	11	0	0	0	1	11
Hendry	7	0	0	0	-2	0
Smith	2	0	0	0	-2	0
Potulny	1	0	0	0	-1	0
Brophey	1	0	0	0	0	0
Pirri	1	0	0	0	-1	0
Turco	10	0	0	0	0	2
Crawford	4	0	0	0	0	0

COLORADO

PLAYER	GP	G	A	PTS	+/-	PIM
Stewart	11	9	7	16	-1	25
Stastny	11	5	8	13	-2	12
Hejduk	11	4	8	12	-7	4
Liles	11	0	11	11	8	9
Duchene	11	2	7	9	1	12
Winnik	11	4	2	6	2	4
Jones	10	4	2	6	4	0
O'Reilly	11	1	5	6	7	2
Galiardi	11	3	2	5	2	6
Cumiskey	11	1	4	5	0	8
Yip	9	2	2	4	1	8
McLeod	11	2	2	4	-1	37
Wilson	11	0	2	2	3	7
Hannan	11	0	2	2	-5	0
Foote	6	0	2	2	0	7
Olver	4	0	2	2	1	2
Liffiton	2	1	0	1	2	15
Holos	7	0	1	1	1	0
Quincey	11	0	0	0	-4	8
Dupuis	9	0	0	0	-1	7
Porter	6	0	0	0	0	2
Gulik	2	0	0	0	0	0
Budaj	4	0	0	0	0	0
Anderson	7	0	0	0	0	2

COLUMBUS

PLAYER	GP	G	A	PTS	+/-	PIM
Clark	8	0	6	6	3	4
Umberger	10	4	1	5	2	4
Nash	10	3	2	5	-8	8
Brassard	10	3	2	5	-1	4
Huselius	7	3	2	5	-2	4
Methot	10	0	5	5	4	4
Vermette	10	1	3	4	-3	4
MacKenzie	10	2	1	3	2	2
Dorsett	10	2	1	3	1	23
Wilson	5	2	1	3	0	6
Voracek	10	0	3	3	-4	2
Stralman	8	0	3	3	-5	4
Pahlsson	10	1	1	2	-1	10
Moreau	5	1	1	2	1	8
Filatov	10	0	2	2	-2	6
Tyutin	10	0	2	2	-5	6
Klesla	10	0	2	2	6	4
Hejda	8	1	0	1	-1	4
Russell	5	0	1	1	0	2
Holden	5	0	0	0	0	0
Boll	4	0	0	0	-1	21
Guenin	3	0	0	0	-3	2
Commodore	2	0	0	0	-1	9
Mason	8	0	0	0	0	0
Garon	3	0	0	0	0	0

DALLAS

PLAYER	GP	G	A	PTS	+/-	PIM
Richards	10	3	11	14	7	6
Neal	10	5	5	10	6	8
Eriksson	10	5	4	9	8	0
Ribeiro	10	0	9	9	2	0
Morrow	10	6	1	7	3	2
Benn	7	1	4	5	-2	2
Daley	10	1	3	4	0	0
Robidas	9	1	3	4	10	21
Ott	10	2	1	3	-1	12
Wandell	10	2	0	2	0	2
Petersen	10	1	1	2	1	4
Segal	9	1	1	2	1	2
Sutherby	8	1	1	2	-1	5
Grossman	10	0	2	2	3	12
Burish	10	1	0	1	2	17
Niskanen	10	0	1	1	3	8
Skrastins	10	0	1	1	6	6
Fistric	8	0	1	1	-2	6
Larsen	1	0	1	1	-2	0
Barch	5	0	0	0	-1	2
Woywitka	2	0	0	0	0	0
Gagnon	1	0	0	0	0	0
Lehtonen	9	0	0	0	0	0
Raycroft	2	0	0	0	0	0

DETROIT

PLAYER	GP	G	A	PTS	+/-	PIM
Zetterberg	9	3	9	12	7	4
Datsyuk	9	6	5	11	5	7
Lidstrom	9	1	10	11	4	0
Bertuzzi	9	2	7	9	6	6
Franzen	8	6	2	8	4	4
Filppula	9	2	4	6	4	2
Holmstrom	9	3	2	5	1	18
Stuart	9	1	4	5	4	11
Eaves	9	2	1	3	-1	2
Cleary	9	1	2	3	-3	2
Hudler	8	0	3	3	-6	4
Kronwall	9	2	0	2	-2	2
Helm	9	0	2	2	-2	2
Salei	9	0	2	2	-1	14
Rafalski	2	0	2	2	2	2
Modano	9	1	0	1	-7	4
Miller	9	0	1	1	-4	0
Kindl	8	0	0	0	-4	8
Janik	7	0	0	0	-2	7
Ericsson	1	0	0	0	0	0
Abdelkader	1	0	0	0	0	0
Howard	5	0	0	0	0	0
Osgood	4	0	0	0	0	0

EDMONTON

PLAYER	GP	G	A	PTS	+/-	PIM
Whitney	9	0	9	9	0	2
Horcoff	9	4	4	8	1	6
Eberle	9	4	4	8	2	2
Hemsky	9	4	4	8	4	2
Paajarvi	9	2	4	6	4	6
Gagner	9	2	4	6	4	7
Hall	9	2	3	5	-4	4
Penner	9	3	1	4	0	16
Foster	8	1	3	4	-1	8
Jones	9	2	1	3	0	7
Gilbert	9	2	1	3	3	12
Peckham	8	0	3	3	5	13
Cogliano	9	1	1	2	-2	4
Brule	9	1	1	2	-1	16
Vandermeer	7	0	2	2	0	6
Fraser	9	0	1	1	0	26
Smid	9	0	1	1	2	6
Stortini	5	0	0	0	-1	5
MacIntyre	4	0	0	0	0	5
Strudwick	4	0	0	0	-3	5
Khabibulin	8	0	0	0	0	0
Dubnyk	1	0	0	0	0	0

FLORIDA

PLAYER	GP	G	A	PTS	+/-	PIM
Booth	9	4	4	8	-3	4
Reasoner	9	2	5	7	4	0
McCabe	9	1	6	7	4	4
Olesz	9	2	3	5	3	0
Wideman	9	2	3	5	1	7
Dvorak	9	3	1	4	0	2
Matthias	7	2	2	4	3	0
Stillman	9	1	3	4	3	6
Bernier	9	1	3	4	0	0
Santorelli	9	1	2	3	1	0
Weiss	8	1	2	3	-6	4
Frolik	8	1	2	3	0	4
Higgins	9	1	1	2	1	2
Weaver	9	1	1	2	-2	4
Reinprecht	6	1	1	2	1	2
Ellerby	2	0	2	2	1	2
Allen	9	0	0	0	4	4
Kulikov	9	0	0	0	0	2
Garrison	7	0	0	0	-4	2
Hordichuk	6	0	0	0	0	5
McArdle	1	0	0	0	0	0
Vokoun	8	0	0	0	0	0
Clemmensen	2	0	0	0	0	0

LOS ANGELES

PLAYER	GP	G	A	PTS	+/-	PIM
Williams	11	5	6	11	5	7
Stoll	11	4	6	10	6	6
Kopitar	11	3	6	9	1	2
Johnson	11	0	8	8	3	10
Brown	11	5	2	7	2	27
Smyth	11	3	4	7	5	8
Simmonds	11	3	3	6	3	20
Handzus	11	2	3	5	1	6
Mitchell	11	1	4	5	6	0
Richardson	11	3	1	4	-2	6
Ponikarovsky	11	2	2	4	2	8
Drewiske	11	0	3	3	1	2
Loktionov	7	1	1	2	-1	2
Scuderi	11	0	2	2	1	4
Schenn	8	0	2	2	-1	0
Muzzin	8	0	1	1	-1	0
Doughty	5	0	1	1	2	6
Harrold	4	0	1	1	0	2
Westgarth	9	0	0	0	-4	8
Clifford	7	0	0	0	-5	5
Greene	5	0	0	0	2	6
Lewis	2	0	0	0	-2	0
Quick	8	0	0	0	0	0
Bernier	3	0	0	0	0	0

MINNESOTA

PLAYER	GP	G	A	PTS	+/-	PIM
Koivu	10	3	8	11	5	12
Cullen	10	3	7	10	-4	8
Burns	10	3	3	6	-2	10
Latendresse	8	3	3	6	2	8
Brunette	10	2	4	6	0	4
Miettinen	8	2	4	6	3	4
Zidlicky	8	2	4	6	-3	4
Havlat	10	0	6	6	-1	2
Brodziak	10	2	1	3	-1	4
Barker	6	0	3	3	-2	6
Madden	10	1	2	3	-2	2
Clutterbuck	10	2	0	2	-2	8
Schultz	10	1	1	2	-2	8
Stoner	6	0	2	2	1	9
Kobasew	10	1	0	1	-7	6
Falk	10	0	1	1	3	0
Staubitz	9	0	1	1	0	18
Nystrom	10	0	0	0	-6	11
Zanon	10	0	0	0	-2	10
Wellman	3	0	0	0	0	2
Gillies	2	0	0	0	0	0
Backstrom	9	0	0	0	0	0
Theodore	1	0	0	0	0	0

MONTREAL

PLAYER	GP	G	A	PTS	+/-	PIM
Kostitsyn	11	6	4	10	5	6
Plekanec	11	5	5	10	3	4
Halpern	11	3	4	7	4	5
Cammalleri	10	3	4	7	7	6
Pouliot	11	2	4	6	1	2
Subban	11	0	6	6	5	12
Gorges	11	1	4	5	-1	6
Hamrlik	9	0	4	4	2	8
Moen	11	2	1	3	3	20
Gomez	11	1	2	3	1	4
Gionta	11	1	2	3	0	4
Darche	7	2	0	2	3	4
Lapierre	11	1	1	2	0	16
Spacek	11	0	2	2	2	6
Picard	9	1	0	1	7	0
Boyd	6	1	0	1	-2	0
Eller	11	0	1	1	-2	8
Gill	11	0	1	1	-2	9
Pyatt	10	0	0	0	-2	2
O'Byrne	3	0	0	0	0	4
Markov	1	0	0	0	0	0
Price	10	0	1	1	0	0
Auld	1	0	0	0	0	0

NASHVILLE

PLAYER	GP	G	A	PTS	+/-	PIM
Sullivan	10	4	3	7	0	6
O'Reilly	10	1	6	7	0	0
Weber	10	1	5	6	-2	6
Wilson	10	2	3	5	5	0
Franson	10	2	3	5	3	4
Legwand	10	2	3	5	-2	8
Dumont	10	1	4	5	5	8
Hornqvist	10	3	1	4	-2	2
Ward	10	2	2	4	0	8
Tootoo	9	1	3	4	2	19
Goc	4	2	1	3	4	0
Erat	7	0	3	3	-2	8
Suter	5	0	3	3	3	4
Klein	10	1	1	2	0	9
Bouillon	5	2	0	2	1	2
Kostitsyn	7	1	0	1	-3	2
Smithson	10	0	1	1	-1	2
Spaling	6	0	1	1	-1	4
O'Brien	10	0	0	0	-2	7
Sulzer	5	0	0	0	-2	2
Belak	3	0	0	0	-1	0
Lombardi	2	0	0	0	-1	0
Laakso	1	0	0	0	0	0
Klasen	1	0	0	0	-1	0
Lindback	5	0	0	0	0	0
Rinne	6	0	0	0	0	2

NEW JERSEY

PLAYER	GP	G	A	PTS	+/-	PIM
Zubrus	12	1	6	7	-5	12
Arnott	12	3	3	6	-9	6
Parise	12	3	3	6	-1	6
Kovalchuk	11	3	3	6	-4	9
Taormina	12	3	2	5	0	0
Elias	12	2	3	5	-9	2
Langenbrunner	12	1	4	5	-7	8
Zajac	12	1	3	4	1	2
Greene	12	1	3	4	-10	2
Corrente	6	0	3	3	-1	31
Tallinder	12	1	1	2	-5	6
Clarkson	12	1	1	2	-8	25
Pelley	12	0	1	1	0	12
Vasyunov	3	0	1	1	1	0
White	12	0	0	0	1	12
Mair	9	0	0	0	-1	7
Sestito	7	0	0	0	-1	0
Urbom	6	0	0	0	-3	0
Magnan-Grenier	6	0	0	0	-2	2
Josefson	6	0	0	0	-2	2
Fraser	4	0	0	0	0	9
Eckford	2	0	0	0	-1	0
Rolston	2	0	0	0	-1	0
Letourneau-Leblond	2	0	0	0	-2	21
Volchenkov	2	0	0	0	1	0
Mills	1	0	0	0	0	0
Brodeur	12	0	0	0	0	0
Hedberg	2	0	0	0	0	0

N.Y. ISLANDERS

PLAYER	GP	G	A	PTS	+/-	PIM
Wisniewski	9	2	9	11	-6	8
Tavares	8	6	2	8	-8	2
Moulson	11	4	4	8	-6	0
Comeau	11	3	5	8	-3	8
Weight	11	2	6	8	1	6
Parenteau	11	2	6	8	-6	4
Nielsen	11	2	5	7	2	10
Bailey	9	3	3	6	2	8
Jurcina	10	2	1	3	-1	4
Grabner	7	2	1	3	1	0
Mottau	11	0	3	3	-8	2
Martinek	11	1	1	2	1	0
Niederreiter	9	1	1	2	-1	8
Hunter	8	0	2	2	-1	21
Martin	3	1	0	1	-1	5
Sim	11	0	1	1	-7	10
Hillen	6	0	1	1	-4	4
Konopka	11	0	0	0	-4	50
Eaton	11	0	0	0	0	4
Gillies	10	0	0	0	-1	28
MacDonald	7	0	0	0	1	6
Gervais	2	0	0	0	-2	0
DiPietro	6	0	0	0	0	4
Roloson	5	0	0	0	0	0

N.Y. RANGERS

PLAYER	GP	G	A	PTS	+/-	PIM
Callahan	10	4	7	11	1	4
Dubinsky	10	5	4	9	-1	8
Anisimov	10	3	4	7	-2	0
Rozsival	10	2	5	7	-2	10
Avery	10	1	6	7	3	25
Stepan	10	3	2	5	2	2
Frolov	10	2	3	5	0	2
Fedotenko	10	1	4	5	3	4
Girardi	10	1	4	5	6	2
Boyle	10	4	0	4	2	4
Staal	10	2	2	4	1	10
Zotto	10	1	2	3	5	8
Christensen	9	1	2	3	0	4
Gaborik	3	0	2	2	1	2
White	5	1	0	1	1	2
Prust	10	0	1	1	-2	30
Boogaard	9	0	1	1	1	12
Eminger	8	0	1

Sports in brief

NFL beats World Series

TELEVISION. A regular-season NFL game earned a higher U.S. television rating than the World Series.

The Sunday Night Football matchup between the past two Super Bowl champions was watched by 18.1 million people, compared with 15.5 million for Game 4 of the World Series.

THE ASSOCIATED PRESS

Parise needs knee surgery

NHL. If things weren't bad enough, the struggling New Jersey Devils are going to be without Zach Parise for an undisclosed amount of time. Devils president and general manager Lou Lamoriello said the left-winger needs arthroscopic knee surgery. THE ASSOCIATED PRESS

Tough call stands up

Judgment on bizarre play that sent Argos down to defeat was correct, says CFL's officiating boss

Even by CFL standards it was a most bizarre ending.

Tom Higgins, the league's director of officiating, spent much of his weekend sifting through the zany details of the Montreal Alouettes' 37-30 win over the Argonauts in Toronto Friday night.

A short-handed officiating crew had to keep track of a wacky final play that featured a missed field goal, two punts and an errant kick before Als fullback Dahrran Diedrick recovered a bouncing ball for the game-winning TD.

The seven-man unit was reduced to six when side judge Rob Skaggs left in the first half with a hamstring injury. Higgins said the officiating crew handled the last-minute mayhem flawlessly, despite being a man down.

"We were operating with six-man mechanics," Higgins said. "What happens on normal field goals is we have two officials under the goalposts and another on the end line so those are the three deep officials responsible for counting the defensive players.

"In this case, we had to have our guys swing back after the kick was missed because there's 20 yards of end zone (to cover)."

The fireworks began with nine seconds remaining and the game tied 30-30 as Montreal's Damon Duval lined up a seemingly routine 36-yard field goal.

He missed and Toronto's Mike Bradwell made a great play to keep the ball inbounds at the back of the end zone — and thus prevent a game-winning single.

Bradwell booted the ball out of the end zone but it did not go out of bounds, which would have sent the game to overtime.

Instead, he kicked the ball right to Duval and the Als punter-kicker booted it back in a second attempt for a single — which would have happened if Duval's kick cleared the end zone.

But the ball remained in Toronto's end zone, where Grant Shaw of the Argos failed in kicking the bouncing ball out again.

That prompted a mad scramble. After the ball bounced off six different players, it was recovered by Diedrick for the winning TD.

THE CANADIAN PRESS

Wild finish in Alouettes win over Argos
Special teams are always a big part of the game in Canadian football. But on Friday night, they took a turn to the bizarre in the Montreal Alouettes' 37-30 win over the Toronto Argonauts at Rogers Centre.
1 Montreal's Damon Duval lines up a 36-yard field goal try with the score tied 30-30 and nine seconds remaining.
2 Toronto's Mike Bradwell keeps the ball in bounds – preventing the game-winning single – and boots it back to Duval.
3 Duval takes Bradwell's punt, then boots the ball back into the Argos' end zone.
4 Toronto's Grant Shaw slides to keep the ball inbounds, then tries to kick a bouncing ball out of the end zone.
5 The ball bounces off six different players before Montreal's Dahrran Diedrick recovers it in the end zone to give the Alouettes the 37-30 victory.
THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	10	7	2	1	0	35	30	15	3-1-1-0	4-1-0-0	7-2-1-0	W2
d-Montreal	11	7	3	1	0	29	25	15	3-2-1-0	4-1-0-0	7-2-1-0	L1
d-Philadelphia	12	7	4	1	0	37	29	15	5-3-0-0	2-1-1-0	6-4-0-0	W4
Washington	11	7	4	0	0	34	25	14	4-1-0-0	3-3-0-0	7-3-0-0	W1
NY Rangers	11	6	4	1	0	34	32	13	2-3-1-0	4-1-0-0	5-4-1-0	W2
Pittsburgh	12	6	5	1	0	35	28	13	2-4-0-0	4-1-1-0	6-3-1-0	W1
Boston	8	6	2	0	0	24	11	12	2-2-0-0	4-0-0-0	6-2-0-0	W2
Atlanta	11	5	4	1	1	36	40	12	2-2-0-0	3-2-1-1	4-4-1-1	L1
Toronto	10	5	4	1	0	23	23	11	3-2-1-0	2-2-0-0	5-4-1-0	L2
Carolina	11	5	6	0	0	27	33	10	1-2-0-0	4-4-0-0	4-6-0-0	L2
NY Islanders	11	4	5	1	1	31	37	10	2-1-0-1	2-4-1-0	4-5-1-0	L4
Ottawa	11	4	6	1	0	26	35	9	3-3-0-0	1-3-1-0	4-5-1-0	L1
Florida	9	4	5	0	0	24	21	8	2-1-0-0	2-4-0-0	4-5-0-0	W1
Buffalo	12	3	7	2	0	30	38	8	0-4-1-0	3-3-1-0	2-6-2-0	L3
New Jersey	12	3	8	1	0	20	39	7	0-4-1-0	3-4-0-0	3-7-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	11	8	3	0	0	34	25	16	4-0-0-0	4-3-0-0	7-3-0-0	W2
d-Chicago	14	7	6	1	0	41	40	15	4-4-0-0	3-2-1-0	6-4-0-0	L1
d-Colorado	11	6	4	1	0	39	39	13	2-2-0-0	4-2-1-0	5-4-1-0	W2
St. Louis	9	6	1	1	1	26	17	14	5-0-0-0	1-1-1-1	6-1-1-1	W4
Detroit	9	6	2	0	1	30	24	13	4-1-0-1	2-1-0-0	6-2-0-1	W1
Nashville	10	5	2	3	0	23	25	13	2-1-3-0	3-1-0-0	5-2-3-0	L2
Dallas	10	6	4	0	0	32	27	12	3-3-0-0	3-1-0-0	6-4-0-0	W1
Columbus	10	6	4	0	0	24	29	12	3-3-0-0	3-1-0-0	6-4-0-0	L1
Calgary	11	6	5	0	0	33	34	12	4-3-0-0	2-2-0-0	6-4-0-0	L2
San Jose	9	5	3	1	0	29	25	11	2-2-1-0	3-1-0-0	5-3-1-0	W2
Vancouver	9	4	3	0	2	24	24	10	4-0-0-1	0-3-0-1	4-3-0-2	W2
Minnesota	10	4	4	0	2	26	27	10	3-3-0-1	1-1-0-1	4-4-0-2	L1
Phoenix	10	3	4	3	0	23	39	9	1-2-2-0	2-2-1-0	3-4-3-0	L1
Anaheim	12	4	7	0	1	29	42	9	2-1-0-1	2-6-0-0	4-5-0-1	L2
Edmonton	9	3	4	0	2	28	33	8	2-2-0-0	1-2-0-2	3-4-0-2	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Carolina 2
New Jersey at Vancouver
Tonight's games
(All times Eastern)
Ottawa at Toronto, 7 p.m.
Montreal at Columbus, 7 p.m.
San Jose at Minnesota, 8 p.m.
Vancouver at Edmonton, 9 p.m.
Tomorrow's games
Boston at Buffalo, 7 p.m.
Toronto at Washington, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Atlanta at Florida, 7:30 p.m.
New Jersey at Chicago, 8:30 p.m.
Pittsburgh at Dallas, 8:30 p.m.
Detroit at Calgary, 9:30 p.m.
Nashville at Phoenix, 10 p.m.
Tampa Bay at Anaheim, 10 p.m.
Thursday's games
N.Y. Rangers at Philadelphia, 7 p.m.
Columbus at Atlanta, 7 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Vancouver at Colorado, 9 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Stamkos, TB	9	10	19
C.Stewart, Col	9	7	16
Sharp, Chi	10	5	15
Crosby, Pgh	6	9	15
J.Thornton, SJ	5	10	15
Getzlaf, Ana	4	11	15
B.Richards, Dal	3	11	14
Ovechkin, Wash	7	6	13
Roy, Buf	6	7	13
Heatley, SJ	5	8	13
P.Stastny, Col	5	8	13
D.Sedin, Vcr	7	5	12
Alfredsson, Ott	6	6	12
Perry, Ana	5	7	12
Selanne, Ana	5	7	12
St. Louis, TB	5	7	12
Hejduk, Col	4	8	12
Ladd, Atl	4	8	12
Zetterberg, Det	3	9	12
Hossa, Chi	7	4	11
Datsyuk, Det	6	5	11
Giroux, Pha	6	5	11
Semin, Wash	6	5	11
J.Williams, LA	5	6	11
Callahan, NYR	4	7	11
Marleau, SJ	4	7	11
P.Kane, Chi	3	8	11
M.Koivu, Minn	3	8	11
Letang, Pgh	3	8	11
Wisniewski, NYI	2	9	11
Lidstrom, Det	1	10	11
Liles, Col	0	11	11
H.Sedin, Vcr	0	11	11
Kostitsyn, Mtl	6	4	10
Neal, Dal	5	5	10
Plekanec, Mtl	5	5	10
Backstrom, Wash	4	6	10
Byfuglien, Atl	4	6	10
Stoll, LA	4	6	10
Morrison, Cal	3	7	10
Cullen, Minn	3	7	10
Enstrom, Atl	2	8	10
Keith, Chi	1	9	10
Kessel, Tor	7	2	9
R.Bourque, Cal	6	3	9
J.Carter, Pha	5	4	9
Dubinsky, NYR	5	4	9
Eriksson, Dal	5	4	9
Horton, Bos	5	4	9
Ryan, Ana	4	5	9
Kopitar, LA	3	6	9
Malkin, Pgh	3	6	9
Toews, Chi	3	6	9
Bertuzzi, Det	2	7	9
Duchene, Col	2	7	9
Krejci, Bos	2	7	9
Leino, Pha	2	7	9
Oshie, StL	1	8	9
M.Richards, Pha	1	8	9
Ribeiro, Dal	0	9	9
Whitney, Edm	0	9	9
Briere, Pha	6	2	8
Franzen, Det	6	2	8
E.Kane, Atl	6	2	8
MacArthur, Tor	6	2	8
Tavares, NYI	6	2	8
Booth, Fla	4	4	8
Eberle, Edm	4	4	8
Hemsky, Edm	4	4	8
Horcoff, Edm	4	4	8
Lucic, Bos	4	4	8
Moulson, NYI	4	4	8
A.Stewart, Atl	4	4	8
Tanguay, Cal	4	4	8
Comeau, NYI	3	5	8
Goligoski, Pgh	3	5	8

Not including last night's games

MLB

2010 POSTSEASON

WORLD SERIES
(All times Eastern)
Texas (AL) vs. San Francisco (NL)
(San Francisco wins series 4-1)
Last night's result
San Francisco 3 Texas 1
Sunday's result
San Francisco 4 Texas 0
Saturday's result
Texas 4 San Francisco 2

WORLD SERIES CHAMPIONS
2010-San Francisco Giants (NL)
2009-N.Y. Yankees (AL)
2008-Philadelphia Phillies (NL)
2007-Boston Red Sox (AL)
2006-St. Louis Cardinals (NL)
2005-Chicago White Sox (AL)
2004-Boston Red Sox (AL)
2003-Florida Marlins (NL)
2002-Anaheim Angels (AL)
2001-Arizona Diamondbacks (NL)

GIANTS 3, RANGERS 1

San Francisco	ab	r	h	bi	Texas	ab	r	h	bi
ATorrs rf	4	0	1	0	Andrus ss	4	0	0	0
FSnchz 2b	4	0	1	0	MYong 3b	4	0	1	0
Posey c	4	0	2	0	JHmltn cf	4	0	0	0
C.Ross lf	4	1	1	0	Guerrr dh	4	0	0	0
Uribe 3b	4	1	1	0	N.Cruz rf	4	1	1	1
A.Huff 1b	3	0	0	0	Kinsler 2b	2	0	0	0
Burrell dh	4	0	0	0	DvMrp lf	3	0	0	0
Renteri ss	3	1	1	3	BMolin c	3	0	0	0
Rownd cf	3	0	0	0	MorInd 1b	2	0	1	0
Totals	**33**	**3**	**7**	**3**	**Totals**	**30**	**1**	**3**	**1**
San Francisco					**000 000 300**			**3**	
Texas					**000 000 100**			**1**	

E—Moreland (1). DP—Texas 1. LOB—San Francisco 4, Texas 4. HR—Renteria (2), N.Cruz (1). S—A.Huff.

	IP	H	R	ER	BB	SO
San Francisco						
Lincecum W,2-0	8	3	1	1	2	10
Br.Wilson S,1-1	1	0	0	0	0	2
Texas						
Cl.Lee L,0-2	7	6	3	3	0	6
N.Feliz	2	1	0	0	0	2

Umpires—Home, Jeff Kellogg; First, Gary Darling; Second, John Hirschbeck; Third, Sam Holbrook; Right, Mike Winters; Left, Bill Miller.
T—2:32. A—52,045 (49,170)
at Arlington, Texas.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	17	12	5	0	517	445	24
x-Hamilton	17	9	8	0	460	427	18
x-Toronto	17	8	9	0	343	438	16
Winnipeg	17	4	13	0	432	450	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	12	5	0	591	427	24
x-Saskatchewan	17	9	8	0	466	465	18
Edmonton	17	7	10	0	359	514	14
B.C.	17	7	10	0	443	445	14

x — clinched playoff berth.
y — clinched division title.
Friday's game
(All times Eastern)
Calgary at Winnipeg, 8 p.m.
Saturday's games
B.C. at Hamilton, 2 p.m.
Edmonton at Saskatchewan, 7 p.m.
Sunday's game
Toronto at Montreal, 4 p.m.
End of CFL Regular Season

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	67	33	3	169
McCallum, BC	0	31	43	6	166
Duval, Mtl	0	41	33	12	152
DeAngelis, Ham	0	42	32	3	141
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	31	27	8	120
Cates, Sask	15	0	0	0	90

TRANSACTIONS

BASEBALL

MLB
AMERICAN LEAGUE
CLEVELAND INDIANS — Assigned C Luke Carlin outright to Columbus (IL).
OAKLAND ATHLETICS — Promoted bullpen coach Ron Romanick to pitching coach.
TEXAS RANGERS — Removed RHP Alexi Ogando from the World Series roster. Added RHP Dustin Nippert to the World Series roster.
NATIONAL LEAGUE
PHILADELPHIA PHILLIES — Announced first-base coach Davey Lopes will not return next season.

BASKETBALL

NBA
ATLANTA HAWKS — Agreed to terms with C Al Horford on a five-year contract extension.
MINNESOTA TIMBERWOLVES — Exercised fourth-year contract options on F Michael Beasley, F Kevin Love and C Kosta Koufos and third-year contract options on G Jonny Flynn and G Wayne Ellington. Declined to offer a contract extension to F Corey Brewer, making him a restricted free agent at the end of this season.

FOOTBALL

NFL
CAROLINA PANTHERS — Signed G C.J. Davis to the practice squad. Released C Adrian Martinez from the practice squad.

HOCKEY

NHL
LEAGUE OFFICE — Suspended Philadelphia F Danny Briere three games for his crosscheck against N.Y. Islanders C Frans Nielsen during Saturday's game.
ANAHEIM DUCKS — Recalled C Nick Bonino from Syracuse (AHL).
BOSTON BRUINS — Recalled F Brian McGrattan from a conditioning assignment at Providence (AHL).
CHICAGO BLACKHAWKS — Activated D Brian Campbell from injured reserve. Placed F Dave Bolland on injured reserve.
DETROIT RED WINGS — Assigned D Doug Janik to Grand Rapids (AHL).
NASHVILLE PREDATORS — Reassigned F Linus Klasen to Milwaukee.
OTTAWA SENATORS — Re-assigned G Robin Lehner to Binghamton (AHL).
TAMPA BAY LIGHTNING — Recalled D Matt Roy from Norfolk (AHL).

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	2	1	.667	—
New Jersey	2	1	.667	—
Toronto	1	1	.500	½
New York	1	2	.333	1
Philadelphia	0	3	.000	2

SOUTHEAST DIVISION

	W	L	Pct	GB
Atlanta	3	0	1.000	—
Miami	3	1	.750	½
Orlando	1	1	.500	1½
Washington	0	2	.000	2½
Charlotte	0	3	.000	3

CENTRAL DIVISION

	W	L	Pct	GB
Indiana	2	1	.667	—
Chicago	1	1	.500	½
Cleveland	1	2	.333	1
Milwaukee	1	2	.333	1
Detroit	0	3	.000	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	3	0	1.000	—
Dallas	2	1	.667	1
Memphis	2	1	.667	1
San Antonio	1	1	.500	1½
Houston	0	3	.000	3

NORTHWEST DIVISION

	W	L	Pct	GB
Portland	3	0	1.000	—
Denver	2	1	.667	1
Oklahoma City	2	1	.667	1
Minnesota	1	2	.333	2
Utah	1	2	.333	2

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	3	0	1.000	—
Golden State	2	1	.667	1
Sacramento	2	1	.667	1
Phoenix	1	2	.333	2
L.A. Clippers	0	3	.000	3

Last night's results
Portland at Chicago
Toronto at Sacramento
San Antonio at L.A. Clippers
Sunday's results
Miami 101, New Jersey 78
Dallas 99, L.A. Clippers 83
Utah 120, Oklahoma City 99
L.A. Lakers 107, Golden State 83
Tonight's games
(All times Eastern)
Atlanta at Cleveland, 7 p.m.
Philadelphia at Washington, 7 p.m.
Boston at Detroit, 7:30 p.m.
Minnesota at Miami, 7:30 p.m.
Orlando at New York, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE
Yesterday's result
Blackpool 2 West Bromwich Albion 1

SPAIN

LA LIGA
Last night's result
Mallorca 2, Levante 1

EUROPEAN CHAMPIONS LEAGUE
FIRST ROUND
(All teams Eastern)
Top two teams in each group advance
THIRD-PLACE TEAMS ADVANCE TO EUROPA LEAGUE
(home teams listed first)
Group A
Today's games
Werder Bremen vs. Twente, 3:45 p.m.
Tottenham vs. Inter Milan, 3:45 p.m.
Group B
Today's games
Hapoel Tel-Aviv vs. Schalke, 3:45 p.m.
Schalke vs. Lyon, 3:45 p.m.
Group C
Today's games
Bursaspor vs. Manchester United, 3:45 p.m.
Valencia vs. Glasgow Rangers, 3:45 p.m.
Group D
Today's games
Rubin Kazan vs. Panathinaikos, 1:30 p.m.
Copenhagen vs. Barcelona, 3:45 p.m.
Group E
Tomorrow's games
Basel vs. AS Roma, 3:45 p.m.
Cluj vs. Bayern Munich, 3:45 p.m.
Group F
Tomorrow's games
Chelsea vs. Spartak Moscow, 3:45 p.m.
Zilina vs. Marseille, 3:45 p.m.
Group G
Tomorrow's games
Auxerre vs. Ajax, 3:45 p.m.
AC Milan vs. Real Madrid, 3:45 p.m.
Group H
Tomorrow's games
Partizan Belgrade vs. Braga, 3:45 p.m.
Shakhtar Donetsk vs. Arsenal, 3:45 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	1	0	.857	205	154
N.Y. Jets	5	2	0	.714	159	110
Miami	4	3	0	.571	133	149
Buffalo	0	7	0	.000	131	211

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Tennessee	5	3	0	.625	224	150
Jacksonville	4	4	0	.500	165	226

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	2	0	.714	149	129
Pittsburgh	5	2	0	.714	147	102
Cleveland	2	5	0	.286	118	142
Cincinnati	2	5	0	.286	146	163

WEST

	W	L	T	Pct	PF	PA
Kansas City	5	2	0	.714	163	122
Oakland	4	4	0	.500	212	168
San Diego	3	5	0	.375	210	174
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	175	153
Philadelphia	4	3	0	.571	172	157
Washington	4	4	0	.500	155	170
Dallas	1	6	0	.143	154	187

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	2	0	.714	169	133
Tampa Bay	5	2	0	.714	136	163
New Orleans	5	3	0	.625	167	148
Carolina	1	6	0	.143	85	150

NORTH

	W	L	T	Pct	PF	PA
Green Bay	5	3	0	.625	176	136
Chicago	4	3	0	.571	126	114
Minnesota	2	5	0	.286	129	144
Detroit	2	5	0	.286	183	165

WEST

	W	L	T	Pct	PF	PA
Seattle	4	3	0	.571	123	140
St. Louis	4	4	0	.500	140	141
Arizona	3	4	0	.429	133	198
San Francisco	2	6	0	.250	137	178

WEEK EIGHT
Byes: N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
Last night's result
Houston at Indianapolis
Sunday's results
Detroit 37 Washington 25
Green Bay 9 N.Y. Jets 0
Jacksonville 35 Dallas 17
Kansas City 13 Buffalo 10 (OT)
Miami 22 Cincinnati 14
New England 28 Minnesota 18
New Orleans 20 Pittsburgh 10
Oakland 33 Seattle 3
San Diego 33 Tennessee 25
St. Louis 20 Carolina 10
Tampa Bay 38 Arizona 35
At London, England
San Francisco 24 Denver 16

WEEK NINE
Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
Sunday, Nov. 7
(All times Eastern)
Chicago vs. Buffalo (at Toronto), 1 p.m.
N.Y. Jets at Detroit, 1 p.m.
Miami at Baltimore, 1 p.m.
San Diego at Houston, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
New Orleans at Carolina, 1 p.m.
New England at Cleveland, 1 p.m.
Arizona at Minnesota, 1 p.m.
N.Y. Giants at Seattle, 4:05 p.m.
Kansas City at Oakland, 4:15 p.m.
Indianapolis at Philadelphia, 4:15 p.m.
Dallas at Green Bay, 8:20 p.m.
Monday, Nov. 8
Pittsburgh at Cincinnati, 8:30 p.m.

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Concussion rate in junior hockey higher than reported: Study

The proportion of junior hockey players who suffer concussions is far more significant than previously thought, says a groundbreaking study that has researchers calling for changes to how Canada's national game is played at all levels.

"The results of this study demonstrate an incidence of concussion significantly higher than any other study in the literature — seven times higher," lead investigator Dr. Paul Echlin told a news conference yesterday.

Echlin, a sports medicine specialist in London, Ont., said the study recorded the number of concussions sustained by members of two unnamed fourth-tier junior hockey teams during the 2009-10 regular season.

Seventeen players suffered a total of 21 concussions during 52 physician-observed games — with almost one-quarter of those occurring among players involved in on-ice fights.

Echlin said that during the season, 29 per cent of players who had a concussion went on to suffer a second or recurrent concussions — brain injuries that have the potential to result in lifelong physical and cognitive deficits. What's more, 69 per cent of the hits that caused concussions were shots to the head, he said.

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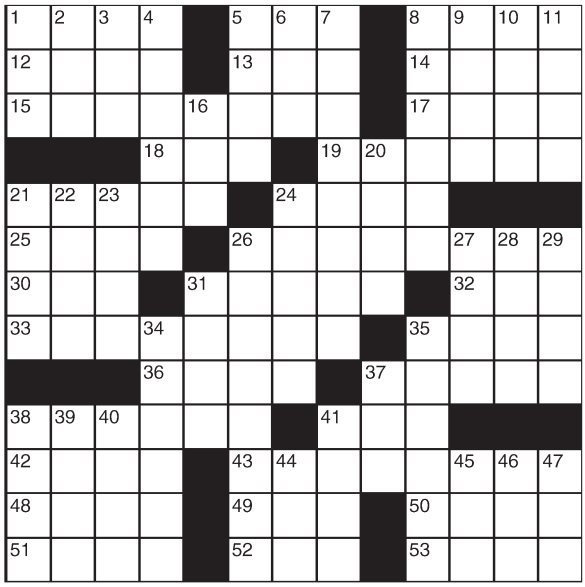

Across

1 Bridge
5 Depressed
8 Break suddenly
12 Greek vowel
13 Overseas agreement?
14 Story
15 "USA Today" graphic, often
17 React to yeast
18 Scenery chewer
19 His work is fitting
21 Remained upright
24 Ailing
25 Cookware
26 2003 Celine Dion album
30 Performance
31 Win by —
32 Pool stick
33 Joined (in)
35 Sherilyn of "Twin Peaks"
36 For fear that
37 Rosters
38 Open out, as a flag
41 Depilation method
42 Protein source
43 Priced separately
48 Mercedez-—
49 Bottom line
50 Blue hue
51 Wild revelry
52 Preschooler
53 Nervous

Down

1 Taste the tea
2 Luau bowlful
3 Dined on
4 Chips served with salsa
5 Clayey soil
6 Lord's Prayer start
7 Most likely to make a pun
8 Hit
9 Hammer's target
10 As well
11 Equal
16 Possessed
20 Rue the run
21 Lovers' quarrel
22 Mexican entree
23 Aware of
24 Quick drink
26 Tilted
27 Experts
28 Little one
29 Change for a C-note
31 Mimic
34 Hardly agile
35 Concentrate (on)
37 Fond du —, WI
38 Knob on a shield
39 — -do-well
40 Venom spout
41 Power measure
44 Writer Buscaglia
45 Crimson
46 Playground game
47 Actor Ron

▶ Yesterday's answer

E	R	A	■	J	A	S	O	N	■	B	R	A		
L	I	D	■	A	G	O	R	A	■	E	E	L		
F	O	O	T	B	A	L	L	S	■	G	E	L		
■	■	■	O	B	I	■	O	S	S	I	F	Y		
B	A	T	T	E	N	■	N	E	O	N	■	■		
O	U	R	■	D	S	L	■	R	U	N	T	S		
O	R	E	S	■	T	A	D	■	P	E	R	E		
N	A	A	C	P	■	M	E	W	■	R	U	N		
■	■	S	U	E	S	■	B	A	S	S	E	T		
A	L	U	M	N	A	■	A	S	P	■	■	■		
F	O	R	■	P	U	R	C	H	A	S	E	S		
R	O	E	■	A	N	G	L	E	■	A	B	E		
O	P	S	■	L	A	S	E	R	■	P	B	A		

Sudoku

		1			6			4
6				2				
		7				8	5	
9			6	4				7
3			2		9			5
2				5	3			9
	9	6				7		
				1				3
7			8			1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	4	1	2	5	7	8
4	1	7	8	9	5	6	2	3
2	5	8	7	3	6	9	1	4
5	8	4	3	2	1	7	9	6
1	6	2	9	7	8	3	4	5
7	3	9	6	5	4	1	8	2
9	4	1	5	8	3	2	6	7
8	2	3	1	6	7	4	5	9
6	7	5	2	4	9	8	3	1

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Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Germy, You smile and shiny head light up my Friday mornings. Can't wait to do more crosswords with you. Kiss, **CAROLINE**

Hey Jables, Happy Birthday my love :) Can't wait to see you tonight. **SKITTLEZ**

I was nothing before i met you and you made me become everything. You make me happier than i thought i could ever be. With whole heart, love you **SUE**

To the love of my life(RWR), It took years to find you, though we have only been together for a short time, you just know when it's right. I love you endlessly, and you make my day worthwhile. Your charm, and personality has made me fall deeply in love with you each day. It's going to be a wonderful life with you lovey! Your honey of a bunny. **LB**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your generosity knows no bounds. But does everyone who needs your help really deserve it? Save your best for those who do.

♉ Taurus April 21-May 21 The message of the stars today is that you must not hold grudges, not even if you know you've been cheated. Forgive and forget — not for other people's emotional benefit but for your own.

♊ Gemini May 22-June 21 There may be nothing you cannot do at the moment, but just because there is nothing you cannot do does not mean you have to do everything. Perform only those tasks that are cost efficient in terms of time and energy.

♋ Cancer June 22-July 22 You will lighten up considerably and get more enjoyment out of life. There is a deeply loving side to the Cancer nature — a side that must not be ignored.

♌ Leo July 23-Aug.23 No matter how busy you might be at the moment you must make time for your nearest and dearest. There will rarely be a better time to let loved ones know just how much you care for them. Don't just say it — prove it.

♍ Virgo Aug. 24- Sept. 22 Some people like to chatter away for no good reason but you consider that a complete waste of time, and anyone who tries to interest you in idle gossip today must be told in no uncertain terms to desist. Be brutal.

♎ Libra Sept. 23-Oct. 23 Something bright and sparkly will catch your eye today and no matter how much it costs you've just got to have it. If you've got the cash to spare by all means go for it, but don't borrow to pay for it.

♏ Scorpio Oct. 24-Nov. 22 Do whatever it takes to avoid arguments and disagreements, both at home and at work. The last thing you want right now is to waste your precious time and energy on ego clashes.

♐ Sagittarius Nov. 23-Dec. 21 If you need to get away from the social whirl and be alone with your thoughts for a while then just do it. You don't have to ask anyone's permission..

♑ Capricorn Dec. 22-Jan. 20 Get out and about and take a bigger part in the world. There are people out there crying out for your leadership skills. Would you deny them?

♒ Aquarius Jan. 21-Feb. 18 As far as some people are concerned you can do no wrong, but in a way that's dangerous because you are human like everyone else and if you make a mistake it will disillusion them.

♓ Pisces Feb. 19-March 20 You are finding it a lot easier to relax now the Sun is moving through one of the more positive areas of the sky, but don't relax so much that you switch off completely. Keep your wits about you. There's money to be made. **SALLY BROMPTON**

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